

NORFOLK

LORE

1974



Digitized by the Internet Archive
in 2022 with funding from
Glenlyon Norfolk School

<https://archive.org/details/norfolkhousesch1974vict>

Dedication



This year's magazine is dedicated to the School. The magazine would not be complete without the contributions of students and staff alike, so it is with this in mind that we, the Magazine Committee, dedicate this year's annual to the School.

Editorial

The annual this year has taken a different form and, even though it has been hard work, it has been an exciting and educational experience.

We would like to thank those members of staff who gave us their valuable help and time. Without them the magazine would never have come off.

We wish the best of luck to next year's editors. It really is a worthwhile experience, that prepares you for later life.

We hope you enjoy reading our version of Norfolk Lore.

The Editors.

Magazine Committee

*Jocelyn
Latuona*

Editor	J. Graeme
Assistant Editor	C. Cupples
Advisor	Mrs. Penn
Literary Editors	E. Arnott, C. Baldwin
Assistants	S. Morrison, S. Horner, G. Krich
Sports Editors	J. Shepherd, J. Ruthven
Assistants	A. Allen, B. Penn
Grads Editor	A. Garden
Special Events	N. Avren
Art	G. Thompson, B. Gibbs
Assistants	P. Rankin, M. Crofton
Treasurers	L. Dixon, N. Avren
Advertising	L. Dixon, M. Gladwell, L. McIntosh, G. Smith, D. Canty, A. Dufleit, D. Page, D. Graeme
Photography	C. Jones, K. Pollen
Typists	Grade 11

Cover - W. Williams

Grad Photos - Simpson Studios

Many thanks to Mr. Gardiner for the team, house and club pictures and to Mrs. Gardiner for helping us with the layouts.

We thank, also, Mrs. Allin for her very helpful suggestions regarding our format.

Special thanks to Mrs. Cowley for her typing. Without her help this magazine would never have been finished.

BOARD OF GOVERNORS

MEMBERS OF STAFF

1973/74

Chairman
Lt. Commander H.V. Clark

Vice-Chairman
Lt. Commander P.D. Crofton

Chairman Emeritus
Mr. H.L. Henderson

Honorary Life Member
Mrs. M.A.W. Bridgman

Colonel C.T. Overman	Dr. C.A. Simpson
Mrs. J.F. Wood	Mr. D.F. Wells
Mrs. C. G. Heisterman	Dr. F.S. Heard
Dr. R.N. Grant	Mrs. M.A. Houston
Mr. D. Todd	Mr. J.B.E. Goult
Mr. G. Denford	Mrs. J.F.B. Cupples
Mrs. F.B. Jones	Mr. D. Hambleton
Mr. G.A. Neely	Dr. F. Kemble
Mrs. W.G. Wallis	Miss L. Sealey

Headmistress
Miss A. Winifred Scott

Vice-Principal
Mrs. M.J.W. Penn

Mrs. R. Abrioux	Mrs. J.E.M. John
Mrs. A.B.D. Allin	Mr. J.K. Leard
Mrs. A.P. Austin	Mrs. J. G. McCormack
Mrs. G.F. Buydens	Mrs. J.C. Morris
Mrs. C.W. Dorrington	Miss Gladys Pearcy
Mrs. A.E. Fyten	Mrs. P.M. Price
Mrs. P.G. Gardiner	Mrs. N.C. Rintoul
Mrs. D.M. Holman	Mrs. R.N. Talbot
Miss D. Jackh	Mrs. J.J. Williams
Mrs. A.W. Jenkins	Mrs. C.H. Wilton

School Secretary: Mrs. M.F. Perrott



MISS SCOTT'S MESSAGE

Recently, I was re-reading from our School Magazine the Head Girl's report from a previous year. She said, and I quote, "If you put your talent, enthusiasm and loyalty into all facets of your school life, your time at Norfolk will become meaningful and worthwhile. What I learned most forceably is that you get out of life exactly what you put into it." In a period when people are being encouraged to express themselves and "do their own thing", it is perhaps useful to quote these words, because one of the great lessons over many centuries has been that it is only in giving of your talents, of your ability, of your love, that you lead a full and worthwhile life. This is especially important in a school such as ours. All of you are aware of those girls at the top of the school, who, in giving leadership, give unselfishly of their time to carry out and help

with our various activities. School life would be very empty without them and all of us owe them a debt of gratitude.

Year by year, we count on members of the School to give such leadership. With them largely rests, more than with any members of staff, that special thing which we call 'School Spirit'. Without it school life would lose much of its meaning. There is a danger to equate happiness with getting what we want. In fact this seldom works. Real happiness comes more often from a sense of satisfaction in something worthwhile accomplished, a service well done, special help given to somebody else. Those who expect to find happiness in getting what they want and doing what they want are apt to find that this will backfire.

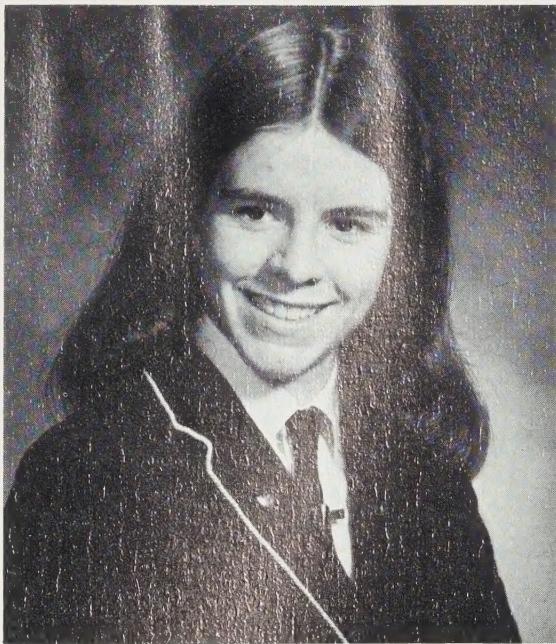
I hope that all of you in reading this will think about your own standard of service; what can you as an individual do for others, not only in the school, but outside it, because, whether in school, or in the family, or perhaps later in a career, what you give will be the final measure, not only of your own success, but of your own real happiness and satisfaction.



GRADS



U.PEAUVY



Sara Patricia Neely
1961-1974 Wymondham

"The noblest nature is the public good"

Sara has been at the school since Kindergarten, with the exception of Grade 1. She has been an excellent Head Girl, extremely considerate, without a tendency to be overbearing. She has had an extremely busy year, participating in the UN (as head), a prefect, badminton, tennis, debating and drama. Her majors were Math, English, French, Biology, Chemistry and Drama. Her hobbies are theatre, tennis and badminton.

Ambitions: to work with young children

Probable Destiny: blackboard eraser at an institute for mental chemists.

Major Dislikes: confusion and dentists

Favourite Saying: "Ah, come on, you guys"

Thoughts from the Head Girl

The past twelve years at Norfolk House for me have been like a journey through a bright tunnel - the end appearing to be a long way away; the time exciting and memorable; the end arriving far too quickly, only minutes after the start.

Norfolk House School is a place to learn about your school, your friends and yourself. As head girl, I have become aware of the many difficulties Miss Scott and the staff have to face. By working and learning together, the staff and the students will ease these difficulties.

Norfolk has so much to offer to those who have something to give. Give your all to Norfolk, whether in sports, studies, spirit, or just a big smile.

I have also come to realize that although individual ability is necessary, it is the group activity that wins in the end. Become a part of Norfolk, a part of your house and a part of your class. It is this association which makes Norfolk House spirit what it is today. Maintain this and let it grow.

This year I have become closer to many of you and in learning about you, and your ideas, I have learnt more about myself.

Change with the school and with the times, but keep the happy traditions which have become so much a part of Norfolk life.

Thank you, everyone, for all your unending help and support; to Miss Scott and the staff for your patience, time and guidance throughout my years at Norfolk; to the prefects for your lasting ideas, assistance and energy. Finally, to those returning, remember that Norfolk is as good as you make it - make it the best!

Good luck,
good-bye,
and
thank you,



Leslie-Ann Browning
1969-1974 Wymondham

"The world must be made safe for democracy"

Leslie-Ann has been our very capable Games Captain. She has been the force behind many of the School teams this year and has generally kept some things going. She is majoring in Math, Biology, Chemistry, Geography, English and Law. She is also a member of the hockey, basketball and badminton teams and the gym club. Her hobbies are jigsaw puzzles and hockey. Her ambitions are to go to UVic for a year and then U.B.C., hoping to become a pharmacist.

Probable Destiny:

First Pharmacist to climb the Himalayas

Major Dislikes:

Rain, math tests, soggy hamburgers

Favourite Sayings:

"I'll phone you!"

Games Captain's Report

This year has been a busy one at Norfolk. Narrowly missing out on several trophies was not as important as the team spirit and enthusiasm which was shown by everyone.

To help bring back some house spirit, emphasis was put on house sports. It was great to see both seniors and juniors participating in such events as house volleyball, basketball, table tennis, badminton and cross country, and everyone enjoying themselves.

Gym Club was revived again this year. The juniors showed a lot of enthusiasm and as a result we saw a very good standard of gymnastics.

Deserving thanks go to Mrs. John, who spent much of her time coaching and training teams. Thanks also to Wendy Williams, our manager, without whose little black book everyone would be lost.

The support shown by all the teams helped make this an enjoyable year for me. Don't forget that loyalty and determination to achieve better things make us better people.

Leslie-Ann



Sharon Elspeth Angus
1965-1974 Walsingham

"Mon metier et mon art; c'est vivre"

Sharon's school activities included First XI team, drama, prefect and house captain of Walsingham. Her majors this year were Spanish, Literature, French, English and Chemistry. Out of school, she enjoys riding, tennis and grass hockey.

Ambition: to become a nurse

Probable Destiny: nursing horses in Duncan

Major Dislikes: white socks on boys

Favourite Saying: "Oh, how gross!"

Abigail Florence Day
1969-1974 Wymondham

"Ta-ra-ra-boom-de-ay!"

Abby was a prefect this year and a member of the UN Club and Film Club. She has been very active in debating and drama. Her majors have been English, French, History, Art and Drama. Besides this, she has hobbies, which include theatre, writing and men.

Ambition: to master basic arithmetic

Probable Destiny: going forth and multiplying

Major Dislikes: phoney accents, spoiled brats and not getting my own way.

Favourite Saying: "I don't want to talk about it



Rebecca Ann McKinnon Frame
1973-1974 Caister

"Non omnia possumus omnes"

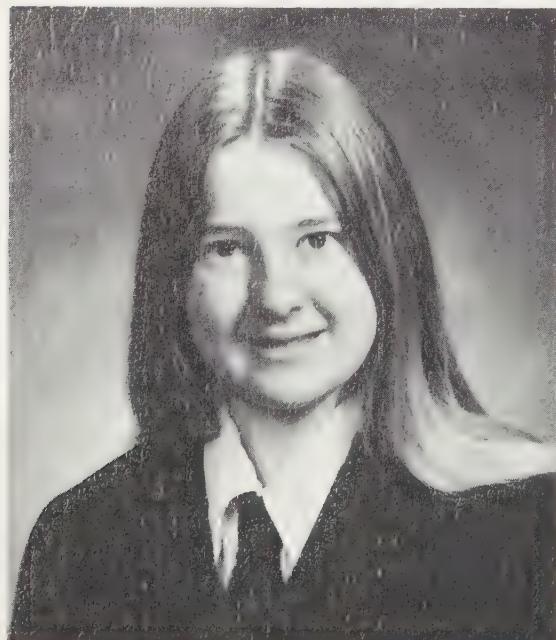
This has been Rebecca's first year at Norfolk and it has been a good one. She has majored in Biology, Latin, Literature, History, English and Math. Her hobbies include sailing and swimming.

Probable Destiny:

Isn't sure

Major Dislikes:

creamed corn





Jeannie Armoor Hopkins
1969-1974 Wymondham

"Minorities are always in the right"

Jeannie has been a very active member of Grade 12 this year. Her school activities have been varied and many, including prefect, UN Club and debating. Jeannie has majored in Literature, Biology, Chemistry and Drama and hopes to continue her education in Boston. Her hobbies are sewing, poetry, driving and the theatre.

Ambition: to go to college in Boston

Probable Destiny: working at Denny's

Major Dislikes: misunderstandings

Favourite Saying: "Do I understand you ...!"

Shelagh Frances Houston
1964-1974 Dereham

"Delays have dangerous ends"

Shelagh was the house captain of Dereham this year. She was also a prefect and extremely busy with school activities. She majored in Geography, English and Biology. Her hobbies are skiing, tennis and an occasional horseback ride.

Ambitions: to be a nurse

Probable Destiny: apple-pieing patients' beds

Major Dislikes: rice pudding and sleeping in a damp bed

Favourite Saying: "Keep your pants on!"



Deirdre (Nurny) Beth Johnston
1972-1974 Dereham

"Thank heaven, the sun has gone in and I don't have to go out and enjoy it"

Deirdre is one of the artistic members of Grade 12. Her favourite haunt is the Art Room. Her main major is, of course, Art, but she is also majoring in Biology, Geography, Drama and English. Her hobbies include stretching outdoors, going to B.B.J.'s and sleeping.

Ambitions: to go to Art College and then travel the world

Probable Destiny: working in the fish yard.



Honor Frances Susan Jones
1965-1974 Caister

"This must my confort be
That sun that warms you here shall shine on me"

Frances was Caister's house captain this year. She also majored in Physics, Biology, Chemistry, Math, Drama and French. As well as this academic load, she has been active on the hockey, tennis, badminton and basketball teams and also as a prefect. Her hobbies and ambitions are sailing, tennis, ballet and theatre.

Probable Destiny: Rowing around Beacon Hill
duck pond

Major Dislikes: coldness, mold and agar

Favourite Saying: "I didn't say anything, hem, hem"

Chin Shui Len
1974 Walsingham

"There is no joy but calm"

Chin Shui Len joined us in the second term of this year. She immediately plunged into school activities, including basketball, and her majors consisted of English, Economics, Math and Geography. Her hobbies are sewing, window shopping and coin collecting.

Ambitions: to see the world and maybe visit the moon

Probable Destiny: the kitchen

Major Dislikes: gambling and Monday mornings

Favourite Saying: "Yeah!"



Tamar Leah Levi
1972-1974 Dereham

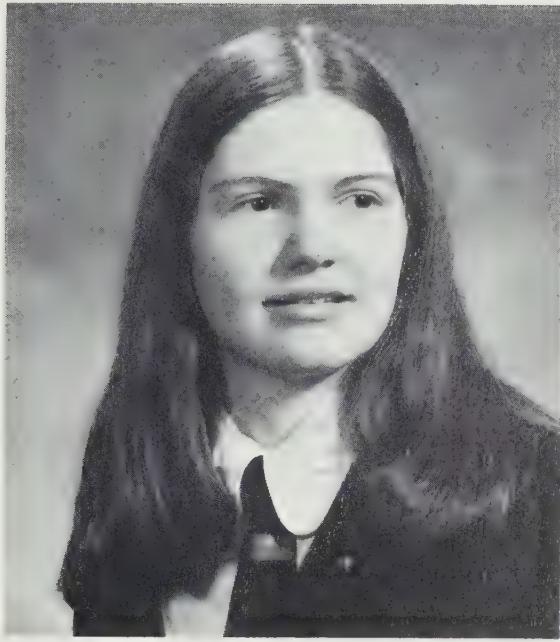
"Birds of calm sit brooding on the charmed wave"

Tamar was very active this year as a prefect and as the head of the Social Service Club. Her majors have been Literature, History, English, Biology. Out of school, she is interested in hiking, folk dancing, weaving and crafts.

Ambitions: to travel to Israel and to combine dance and therapy into a useful job to help children

Major Dislikes: ignorance, bad jokes





Sandra Jean McDonald
1973-1974 Walsingham

"How I like to be liked and what I do to be liked!"

This was Sandra's first year at Norfolk and she has participated well in the school life. Biology Literature, English, and History were her majors, which she worked at in addition to her hobbies - pottery and talking.

Ambitions: to further my education and to travel

Favourite Saying: "I am sorry but I am not going to litter"

Teresa Ann McGillivray
1972-1974 Caister

"Is it a world to hide virtues in?"

Teresa has worked hard in her two years at Norfolk. Her four majors were English, Biology, Geography and English Lit. Her hobbies are swimming, riding, sewing and dancing. She intends to work as a keypunch operator, or to work with animals.

Probable Destiny: to marry a tall, dark and handsome man

Major Dislikes: spiders and cooked turnips

Favourite Saying: "Oh no, you're kidding!"



Heather Lynne McIllree
1963-1966 1969-1974 Wymondham

"The best doctors in the world are Doctor Diet, Doctor Quiet and Doctor Merryman!"

Heather has fulfilled her duties as a very able prefect. She has been busy with school activities, such as the First XI hockey team, basketball, UN Club and Choir. Heather was the captain of the choir this year and she did a very commendable job. Her majors are Math, English, Biology and Geography. Her hobbies are hockey, hiking and singing.

Ambition: to become a paediatric physiotherapist

Probable Destiny: a chairman

Major Dislikes: people who sing off key, people stealing my books



Beverly Eve McPhee
1973-1974 Caister:

"Fashion, the arbiter, and rule of right"

Beverly left us, but returned at the end of the second term. Her majors were Biology, Physics, Math, Lit and French. Outside of school she enjoys horseback riding and inside school she participates in swimming.

Ambition: Commercial Jet Pilot

Probable Destiny: to have to work for a living.

Major Dislike: None ??

Favourite saying: "Who knows!"

Andrea Louise Nasmyth
1968-1974 Walsingham

"Life would be tolerable if it were not for its amusements"

Andrea was an enthusiastic prefect this year as well as participating in first eleven hockey, basketball, UN and Gym Clubs and tennis. Her majors were Math, Chemistry, Biology, Geography, English and Drama. She likes sports and having a good time.

Ambitions: to be either a Physiotherapist
or gym teacher

Major Dislikes: Math and numbers

Favourite Saying: "Oops!"

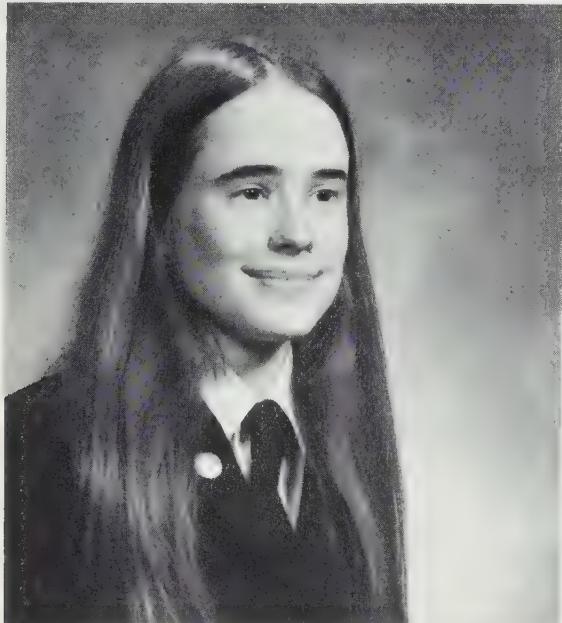


Agnes Pi
1973-1974 Walsingham

"So all my best is dressing old words new"

Agnes was new to Norfolk this year and has been successful both academically and artistically. Her majors included English, English Literature, Math, Biology and Art. Agnes' hobbies range from drawing and reading to table tennis. She intends to go to University and to travel.

Probable Destiny: washing dishes
Major Dislikes: cruelty and mice
Favourite Saying: "Aya, oh no!"



Dana Elizabeth Pollen
1973-1974 Dereham

"To know all makes one tolerant"

Dana was active in Drama and participated in many school events such as badminton. Her majors this year were Chemistry, English, History, Geography, Art, and Physics. Dana also manages her extra-curricular activities, including the piano.

Ambitions: to study medicine

Probable Destiny: a doctor

Favourite Saying: "Ah, but a man's reach should exceed his grasp, or what's a heaven for?"

Major Dislikes: Riding on the school bus.

Nellie Ellen Elizabeth Poskitt
1969-1974 Walsingham

"Where lies the land to which yon ship must go?"

Nellie has made her five years at Norfolk very profitable and worthwhile. Her majors were English, English Literature, Math, Geography. She is also this year's head of the Library Committee. Her ambition is to become a librarian or a wildlife biologist.

Probable Destiny: cleaning diapers

Major Dislikes: smoking, drinking, rain

Favourite Saying: "Oh, I can't do it - I give up"



Helen Mary Robertson
1973-1974 Dereham

"The march of intellect"

Mary was another newcomer to Norfolk House this year. She has adapted extremely well to Norfolk, immediately entering such activities as choir, swimming and social service. Her majors this year, Math, English, Physics and French, have failed to interfere with her numerous other activities. These include riding, swimming, knitting, sewing, football and skating.

Ambitions: running a farm as a home for orphaned children

Probable Destiny: Psychiatrist's office

Major Dislikes: see majors and Frances writing

"I hate Mary" all over the board.





Elizabeth (Betsy) Anne Waddington
1973-1974 Caister

"I won't quarrel with my bread and butter"

This year has been Betsy's first at Norfolk and she has adapted well. Her majors Biology, Geography, Drama, English still do not interfere with her main hobby, playing the flute. She wishes to travel in the future.

Ambitions: to travel

Major Dislikes: Swift Beavers

Favourite Saying: "I get it!"

Wendy Mary Lyn Williams
1966-1974 Caister:

"Fine art is that in which the hand, the head, and the heart of man go together"

Wendy has distinguished herself in Norfolk with her brilliant art work. She has been a prefect, a member of the UN and Film Clubs and occasionally a team manager. She has majored in Art, Math, English, and Geography. Out of school, she dabbles in graphics, needlework and collects things for scrapbooks.

Ambitions: to go to the Calgary School of Fine Arts in two years, but in the meantime to travel and to live in England

Probable Destiny: to be a total washout.

Major Dislikes: headaches and essays.

Favourite Saying: "I dun' know"



Helen Louise Wilson
1964-1974 Wymondham

"Oh! While you live tell the truth and shame the devil"

Helen was Wymondham's house captain this year, as well as being a prefect. Her other activities included First XI hockey, tennis and the UN Club. Her majors have been English, German, Russian, Drama and French. Her hobbies are field hockey, tennis, badminton, cartoon drawing, sailing and laughing.

Ambition: to become a professional Shakespearian actress in Stratford-on-Avon

Probable Destiny: a salesman in a dinky toy factory



Autographs

INNOVATION
STUDIO
PHOTOGRAPHY

STUDIO - 720 YATES ST.
VICTORIA, B.C.

WM. LLOYD BEGG
384 - 5323

CONGRATULATIONS FROM

W&J WILSON
L I M I T E D

FINE QUALITY FAMILY
CLOTHIERS FOR 112 YEARS
1221 GOVERNMENT ST.
383-7177

Grade 1



L.to R. A.Birne, C.Weidner,
R.Beale, B.Humphrey, C.Mathers,
J.Rowe, A.Wells, M.Johnson,
J.Mathers, S.Cowley,
H.Nash, V.Angus, J.Henderson,
W.Tse, M.Jenkins
N.Creek, L. Kemble.

Grade 11

L.to R: K.Barr, L.Schwartz, L.Pound,
C.Creighton, R.Jackson, L.Gammon,
V.Gray,

C.Waldmann, B.Fowler, C.Wardell,
C.Hutcheson.
S.Bexley, J.Fox, A.Skinner.



Grade 111



L.to R: C.Gower, E.Humphrey,
A.Kemble, K.Kerr, J.Hanley,
D.Owen-Flood, S.Malin, P.Fife,
D.Wilson, S.Hvozdanski,
G.Graeme, C.Barras, M.McDonald,
C.Parris.
Absent: C. Luna, S.Williams

Grade IV



L.to R: E.Creighton, A.Charbonneau,
T.Gibson, R.Stewart, L.Bailey,
Mrs.Williams E.Beirne, M.Hughes,
T.Crofton, P.Bavington,
S.Wallis, S.Abrioux, M.Martin,
S.Smith, R.Meakes, C.Heard, L.Bate,
L.Quocksister.

Absent: L. Woodwark.

Grade V

L.to R: S.Kemble, J.Bexley,
S.McIllree, E. Egoyan, K.Gibson,
Mrs.Dorrington, C.Greenwood,
D.McNaughton, P.Jackson,
L. Madill,
B. Jenkins, C.Tregear,
M.Frey, A.Schwartz, S.Fife,
Absent: Z. Cavadas.



Grade VI



L.to R. S.Kemble, S. Harvey,
M.Couvelier, E.Fox, C. Sloan,
E.Dyson, S.Crofton, P.Dorrington,
Mrs.Fyten, W.Bricke, M.Baylis,
A.Moat, L.Marsden,
C.Chaisson, S.Goult, V.Horner,
C.Waldmann,
K.Olsen, C.Coe, L.Perry, J.Bateman

Grade Vll



L.to R: C.Locke, H.Wells, P.Osborne,
L.Davis, C.Cameron, J.Lind, H.Wallis,
C.Simpson, B. Bulling, C.McIntosh
S.Philbrook, S.Heard, D.McLean,
S.Tregea
S.Jones, J.Harvey, H.Towns,
L.Humphrey, R.Farley, H.Hamdi,
K.McGuirk, E.Moulden.
Absent: A. Skinner.

Grade Vlll

L.to R: K.Bunyan, C.Johnston,
V.Crofton, G.Wilkinson, A.Pedrini,
A.Gladwell, A.Past, J.Bland,
S.Cupples, D.Bains,
T.Lambe, B.Taaffe, C.McAlpine,
U. Peavy,
J.McDowall, J.McLeod, L-M.Greene,
Z.Walker, M.Ratcliffe.
Absent: P.Grant, J.Kokkelink,
D.McPhee, J.McPhee, P.Woodwark,
I. Hunt.



Grade 1X



L.to R: C.Hay, N.Bland,
J.Robertson, J.Worrall, N.Ker,
E.MacPherson, B.Penn, C.Tait,
J.Barry, K.Woods,
M.Dennett, C.Higgin, P.Gleeson,
A.Paine, M.Crofton, L.Donaldson,
D.Mason Hurley,
J. Tregear, K.Hambleton, H.Vieser.
Absent: G. Krich.

Grade X



L.to R: J.Greenwood, M.Garden,
S. Morrison,
M.A.Wiggins, B.Bricke, T.Dalziel,
A. Allen, K.Pollen,
S.Horner, D.Graeme, J. Hobson
T. Rayfuse, P. Rankin, M.Coe,
A.Dufleit, A.Newberry, C.Pollock,
S.Walford, S.Clark,
K.Dean, C.Woods, D.Page, K.Molloy,
H. Nicholson.

Absent: C.Wright.

Grade XI

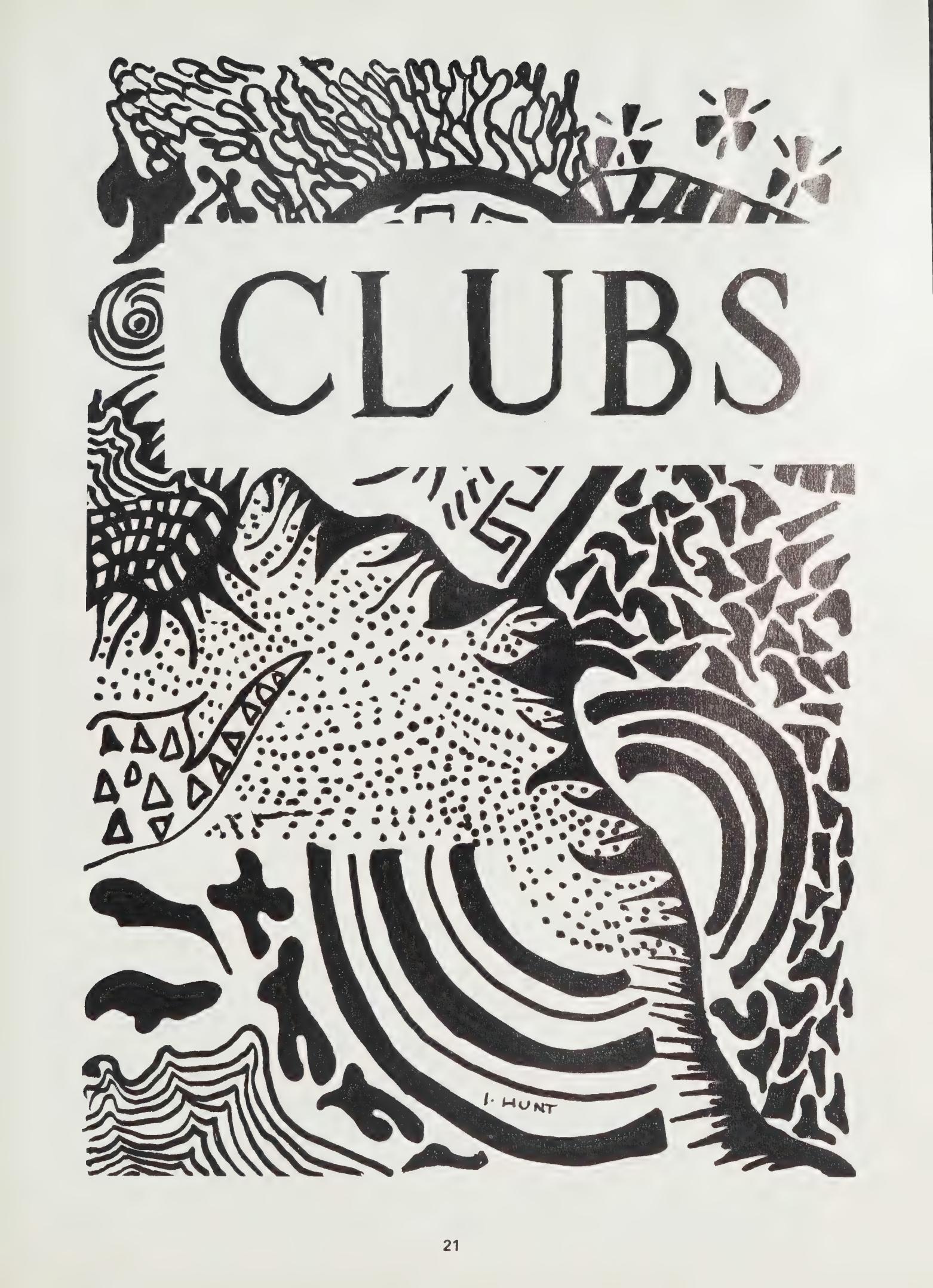
L.to R: M.Hartnell, M.Gladwell,
J.Ruthven, C.Humphrey,
A. Paine, E.Arnott, L.McIntosh,
A.Garden, G.Thompson, G.Smith, D.Horn
J.Shepherd, B.Gibbs, P.Wong,
C.Cupples, C.Baldwin, N.Avren,
T.Rancier, J.Graeme, L.Dixon,
P.Henry.
Absent: D.Canty, C.Jones.



Grade XII

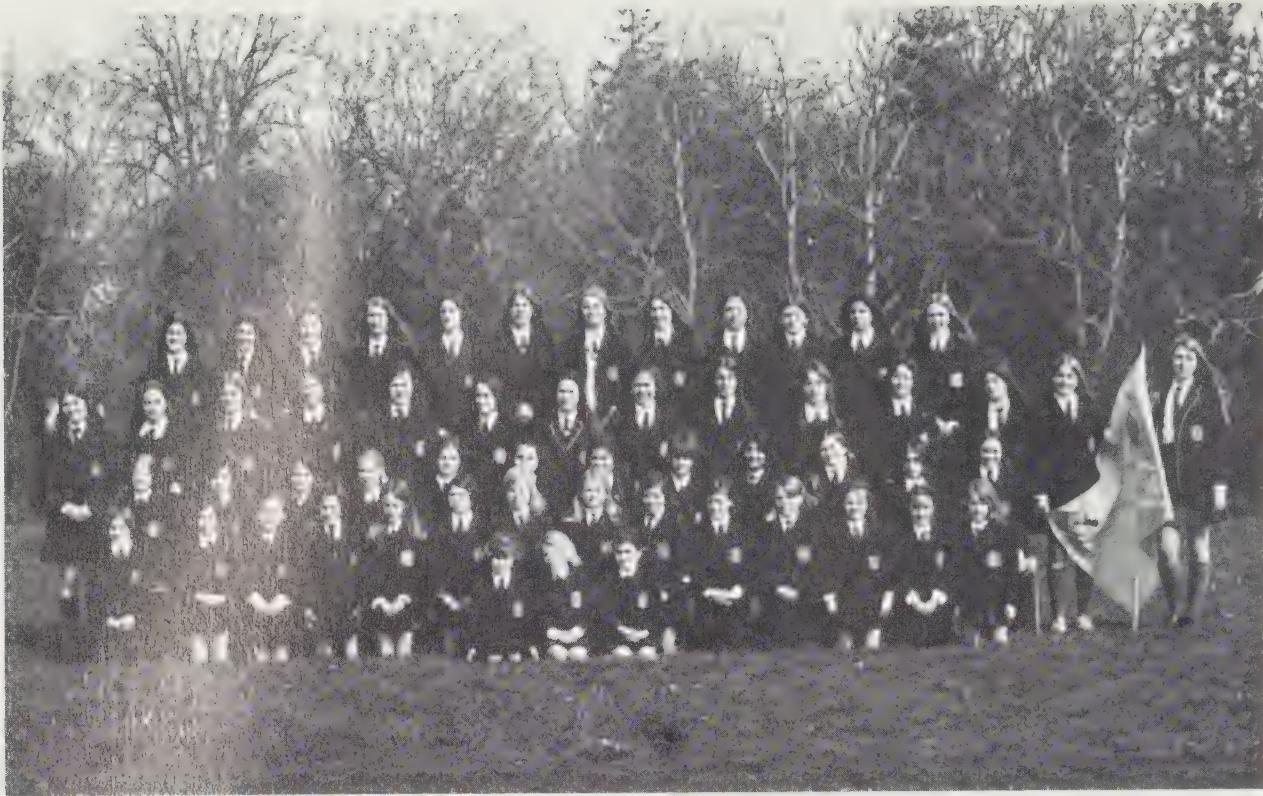


L.to R: S.Angus, J.Hopkins, T.Levi,
C.S. Len
H.McIllree, M.Robertson, D.Pollen,
A.Pi,
R.Frame, A.Day, B.Waddington,
H.Wilson, W.Williams, S.Houston,
N. Poskitt,
A.Nasmyth, S.Neely, F.Jones,
L-A. Browning.
Absent: T.McGillivray, D.Johnston,
S.McDonald, B.McPhee.



CLUBS

I. HUNT



Dereham House Report

Motto: United We Stand

House Captain: Shelagh Houston
Vice-Captain: Jocelyn Graeme
Secretary: Kathy Pollen
Junior Captain: Virginia Crofton

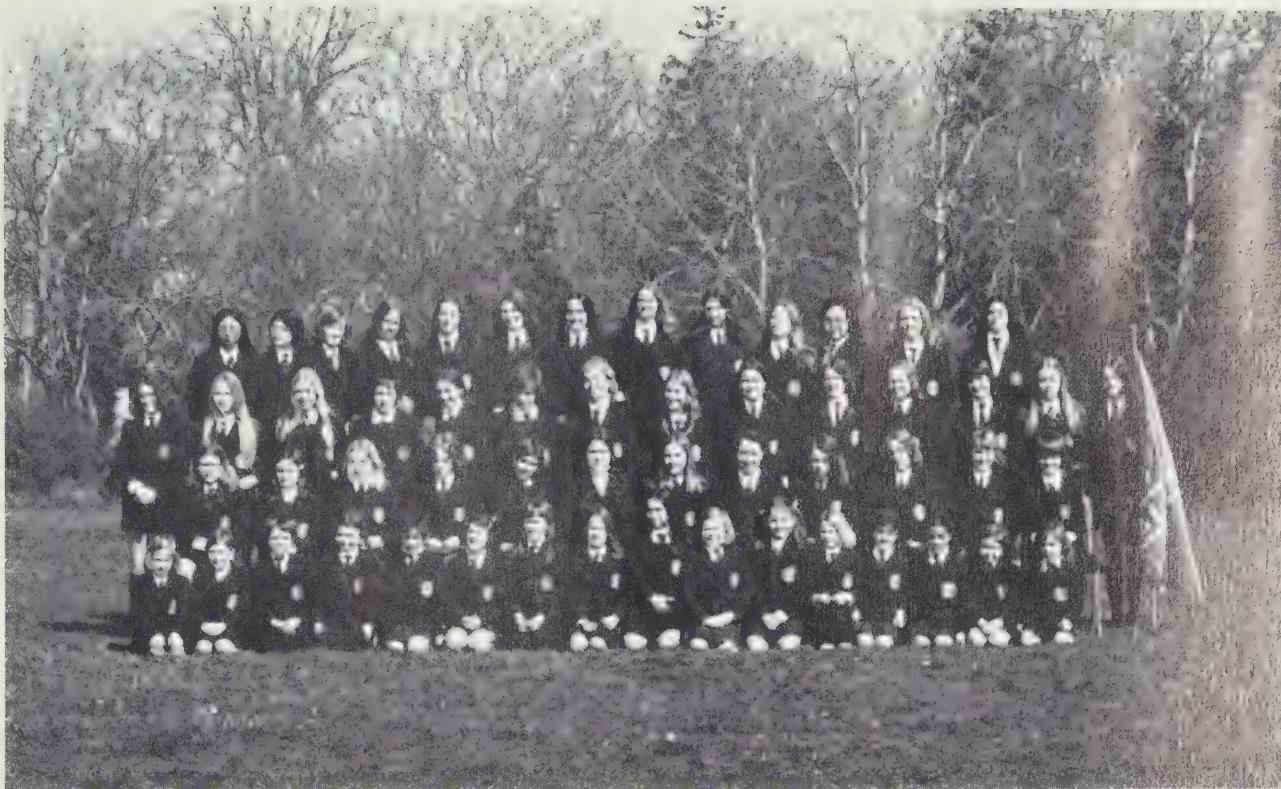
This year has been a successful one for Dereham. We were off to a good start in the Fall term with a total membership of 61, which helped to bring in the house points. Through the months before Christmas, we did very well in house events. In senior and junior cricket we came first and second; in volleyball we came first and in the Penny Drive, swimming and junior volleyball, we came either second or third.

As well as in sports, Dereham did very well academically, with some girls bringing in as many as 36 points for the house. Keep up the good work girls!

This term we again started off with a bang, with junior house sports, basketball and the completion of senior and junior house hockey. As well as Sports Day to look forward to, in which I'm sure we will do extremely well, we have tennis, track and cross country to complete.

My thanks go to the whole House for their support and enthusiasm. Special thanks go to Sharon Kemble, Melanie Baylis, Jennifer Bland, Cynthia McAlpine, Virginia Crofton, Nina Bland, Jennifer Worrall, Mary Garden, Kathy Pollen and Jocelyn Graeme.

Good luck in future years and keep up the good work and house spirit.



Walsingham House Report

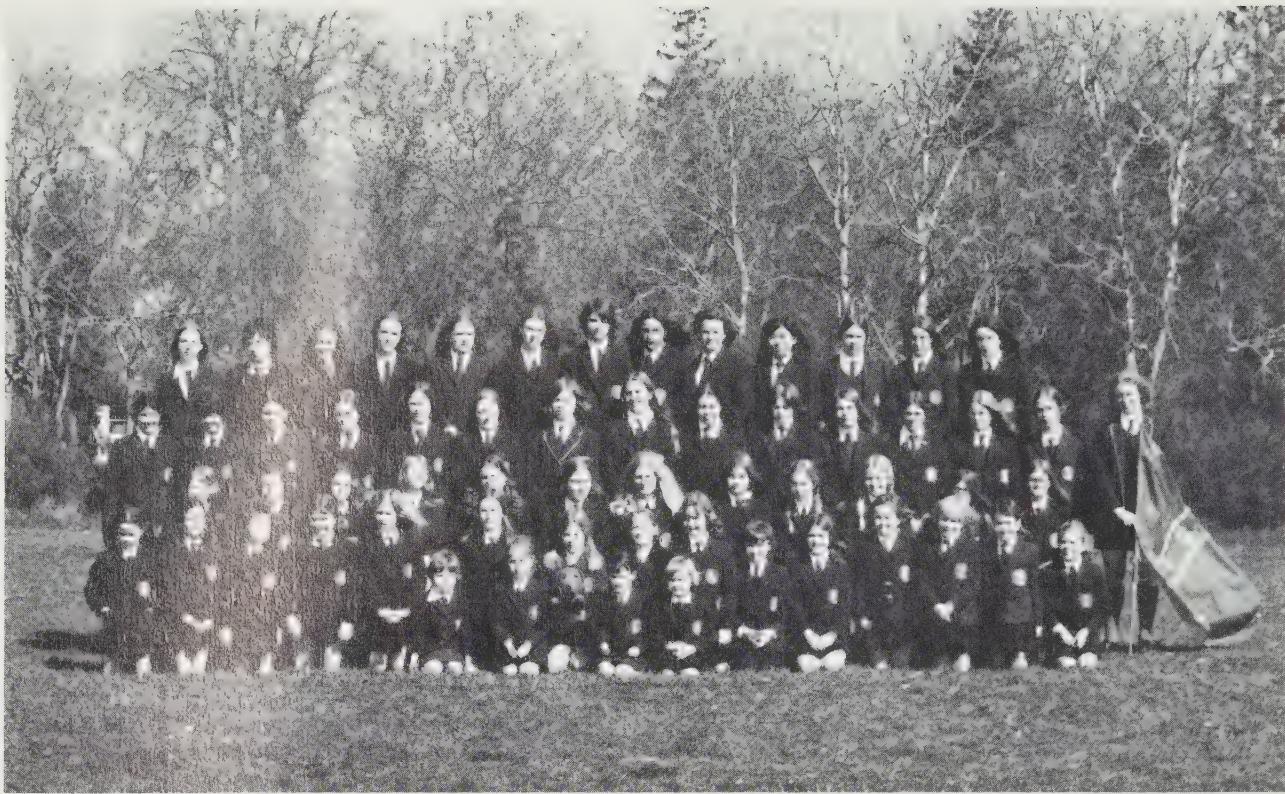
Motto: "Never Despair"

House Captain:	Sharon Angus
Vice-Captain:	Catriona Cupples
Secretary:	Stephanie Clark
Junior Captain:	Sally Cupples

I think that not only Walsingham but all the Houses this year have made excellent progress with regard to house spirit. Although Norfolk House has always maintained spirit in every other aspect, house spirit, in the past few years, has not been very high. However, I would like to thank my fellow House Captains and, above all, Mrs. John and our Games Captain, Leslie-Ann Browning, for making a special effort to regain house spirit this year.

Walsingham did not do particularly well in junior house sports this year, but the juniors tried very hard and seemed to enjoy themselves immensely, which is really what spirit, in any field, is all about. However, the seniors have done very well in house hockey so far, and we won house basketball and even house ping-pong! Thank you and congratulations to all those girls who participated in house sports! I would also like to thank Rebecca Stewart, Joanna Greenwood, Sandra McDonald, Jonet Ruthven and Andrea Nasmyth for earning all those house points needed to keep Walsingham in the running!

Keep working hard for your house. It is very nice to see the house spirit coming back. However, I would like to suggest that more girls attend house matches and that every member of Walsingham attend all house meetings. The more you involve yourself, the more you'll enjoy house events.



Caister House Report

Motto: Caister Men Never Turn Back!

Captain: Frances Jones
Vice-Captain: Janet Shepherd
Secretary: Alixe Allen
Junior Captain: Lynda-Mary Greene

Caister, you're all just fantastic, and we've had a very good year! Of course, the year isn't over yet, by any means, and the summer term always has good prospects!

Houses, and ours especially, have a very important place in the School. They work in miniature: each almost as a school in itself, because as well as getting to know each other especially well and gaining a sense of spirit and involvement, the members learn a deep sense of loyalty to their own organization, but without a hostile will to beat the other houses. This is an extremely valuable quality which has grown among many girls of Caister.

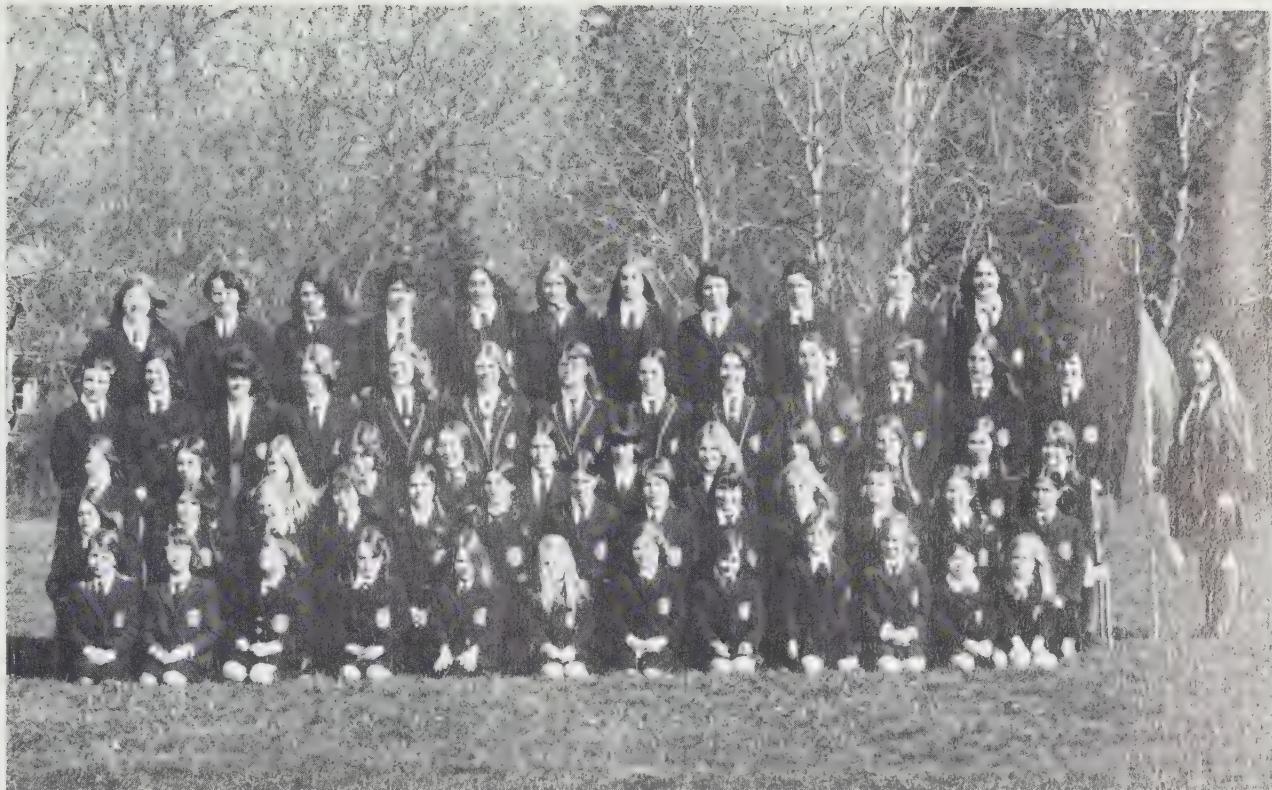
I remember, in Grade 4, being absolutely staggered when in a sports day race, the house captain dressed me up and carried me across the field on her back. We won, too, and it must have been symbolic! That seems an incredibly long time ago, especially when I compare Sylvie, Morag and Co to the demure creatures we were then.

The House was special then, and it still is to everyone, whether they realize it now or not.

Some highlights:

- Morag playing hockey against Grade 9's: Kirsten playing badminton against sundry house captains
- Liz and Alison volunteering for badminton AND hockey

And such fantastic helpers and people as Briony, Alixe, Mary Ann and Wendy!



Wymondham House Report

Motto: Keep our Gold the Brightest, the Surest and the Purest.

Captain:	Helen Wilson
Vice-Captain:	Gail Thompson
Secretary:	Susan Morrison
Junior Captain:	Alison Gladwell
Mascot:	Winnie (the bear)

Wymondhamites, being your House Captain this year has been one of the greatest honours bestowed on me and I wish I could carry on for many more years. Needless to say, the end has come and I must thank and commend you all on your terrific support and good Housemanship throughout the year. I am glad to say our success is not only the work of the junior school, as it has been in previous years, but also of the senior school, who felt they must have a hand in the works somewhere. We have proved that a house that works in unity and with respect to one another can achieve a great deal and win every time.

Generosity and sportsmanship have been the very factors this year. This can be seen in our Penny Drive triumph and together, with the deft and unbeatable skill of many people, we succeeded in winning Junior House Sports and badminton, not to mention many second places in other sports.

As usual, this year many individual people have helped me and I would like to give my special thanks to Sara Neely, Leslie-Ann Browning, Heather McIllree, Mrs. John and the little members of Grades 4 and 5, who deserve awards for their continuous house points.

All I have left to say is "thank you" to a House I have been proud to captain and if you work hard in the future, as you have worked for me, your rewards will be plentiful.

Good luck in the future.



Debating:

L-R:Back- N.Bland, S.Morrison, S.Neely, A.Day, K.Hambleton,
C.Woods,
Front- T.Rayfuse, A.Allen, B.Penn, D.Page, K.Woods.

Debating 1974

This year, Norfolk has enjoyed a highly successful debating season. With a larger group than in previous years, we entered various inter-school debates and attained high standards. In the first term, a junior team debated with Glenlyon on whether "Style is more important than Fashion", which we, the negative, won. On February 2nd, we sent two teams to the Newman and Serra Cup Debates at Sacred Heart Academy. The senior topic was "Resolved that in Order to Attain a Just Society, the Prime Concern of our Government Must be the Preservation of our Environment" and the junior topic was "Resolved that in Two Years the Energy Crisis will Prove more Beneficial than Detrimental to Canadians". The senior negative team, consisting of Sara Neely and Abigail Day, tied with St. George's for the Newman Cup and Kathy Woods received an award for Third Best Debator and Abigail Day for Fourth. Exactly one month later, we again sent two teams to the Hammarskjold and FISA Debates at North Burnaby Senior Secondary School. "Resolved that Canada's Foreign Aid Policy should be based on the Principle that Charity Begins at Home" was the senior topic and the junior topic was "Resolved that the United Nations should urge all Governments to give Priority to the Expansion of Industry rather than the Protection of the Environment". Nona Avren came third in the Senior Division and was invited to be on the Provincial Team at the National Debate in Ottawa. Debra Page, in the Junior Division, received honourable mention.

I would like to thank the many girls who helped to make this such an excellent year, and to those who excelled - congratulations.

Abby Day.

Social Service:



L-R: Mrs. Morris, C. Supple, T. Levi, A. Newberry, C. Higgins



Back: G.Thompson, G.Smith, N.Avrer , L McIntosh.
Middle: C.Hayes, M.Robertson, J.Graeme, H.McIllree, T.Rayfuse.
Front: H.Vieser, J.Tregear, D.Horn.

SENIOR CHOIR REPORT

This year the choir presented a small programme at the annual Christmas Concert. We are hoping to enter the Victoria and Vancouver Music Festivals in April.

Quite a few new aspects have been added to the choir's activities. We have started a programme of visiting hospitals and nursing homes around Victoria and putting on small concerts for the patients.

A few members of the choir have had the opportunity of being in a Madrigal Group with the boys of St. Michael's University School, under the direction of Mr. Beal Thomas. In the summer term, the choir hopes to perform the Gilbert and Sullivan operetta "Trial By Jury", again with the help of the University School boys, under the direction of Miss Gladys Pearcy and Mr. Beal Thomas.

I would like to thank the choir, Miss Pearcy and Mrs. Graham (who often sang the tenor parts) for their continuous support and enthusiasm.



Library Committee

L. to R: C.Tait, M.Crofton, I.Hunt,
Mrs.Fyten: J.McLeod, B.Bricke,
L.Dixon, C.Johnston, A.Newberry,
A.Dufleit, L.M.Greene,
N. Poskitt, G.Thompson, D.Graeme.

LIBRARY

This year the library has been able to contribute even more to school activities. Its growth and success is due to the efforts of parents, teachers and students, under the direction of Mrs. Fyten.

Our large and active library committee took full responsibility for the circulation of books. Each of the Room Representatives should be thanked for the necessary tasks they performed in the returning of books on time! Alison Newberry ably trained all new assistants, as well as assuming all the extra jobs around the library. Without the hardwork of the library committee our library would not exist.

Many new books were donated through House activities, resulting in a much larger children's section. Major contributions came from Penelope Woodwark, Angela Past and Sally Cupples, Grade VIII. An increase in the reference section is due to the efforts of Mr. Goult, who contributed history books and Mrs. Morris who made a good start on a math reference collection.

We are very grateful to Beaver Books for selling us two discounted paperback stands, in great use from junior and senior book lovers. Another outside help came from Mrs. Fyten's father, Mr. Arnold, who fitted together our card catalogue.

Most of the thanks, however, must go to the parents, who gave up their spare time to get the library started, Mrs. McCormack, the typing teacher, Mrs. McIlree, Mrs. Nasmyth, Mrs. Baylis and Mrs. Heard, who typed and filed into infinity, preparing our library for the constant use it receives today.

Library Class Representatives.

L. to R: C.Tait, S.Heard,T.Rancier,
S.Cupples, N.Poskitt, E.Dyson,
A.Dufleit, S.Hvozdanski, C.Heard,
C.Waldmann, C.Mathers, L.Madill.

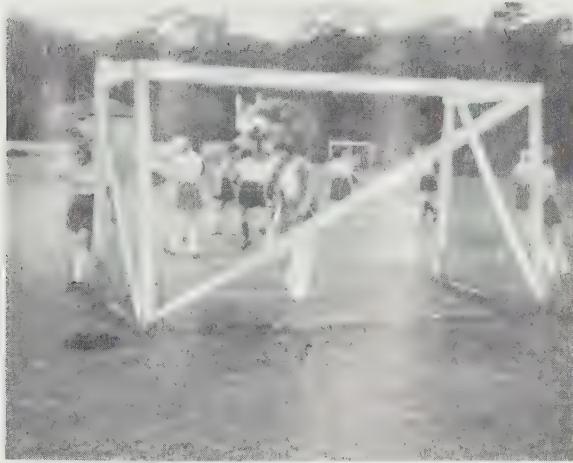
Absent: B.Jenkins.





SPORTS





FIRST XI HOCKEY

Sue Horner:
(Gk)

Sue's potential as a goalkeeper was realized this season and she saved some beautiful shots. But don't forget to watch the ball and move those feet like a ballet dancer!

Helen Wilson:
(RB)

I never realized Helen could play hockey so well! It must have come about when she started playing with two hands on her stick!

Mary Garden:
(LB)

By the end of the season no one could believe that this was Mary's opening season in the First XI. A competent player, with two more years to gain more experience.

Sharon Angus:
(RH)

A small and insignificant person when standing in playing uniform, but what a strong player in both attack and defence this season - her first!

Heather McIllree:
(CH)

Had to move positions somewhat, but it helped Heather to become a mobile defence player (and she still has that 22 oz. stick!)

Leslie-Ann Browning (LH):

Our aspired Games Captain spent almost half the season watching from the sidelines with a sprained ankle! Left-half is a difficult position but Leslie-Ann coped very well and also wanted to score lots of goals.

Mary-Ann Wiggins:
(RW)

Quote "The best Right Wing in the school league". Mary-Ann will never believe she has the ability to do well! A leader on the forward line next year with lots of goals!

Shelagh Houston:
(RI)

For four years, Shelagh has played for the School wanting to play a forward, but has been such a superb half. Thankfully she got her wish in the last few games and the goals came.

Ticki Ruthven:
(CF)

It took Ticki a long time to learn a right hand dodge, but she did not knock too many opponents down in the meantime. She is a fast, dangerous forward, who scored some good goals.

Andrea Nasmyth:
(LI)

It is good that a last season is a successful one: good stickwork and speed, but sometimes needed glasses in front of the goal (or should it be "cool"?!)

Frances Jones:
(LW)

Stephanie Clark:
(RI)

Joan Robertson:
(Half)

Nina Bland
and
Mary Gladwell:

Wendy Williams:
Manager

What a great improvement made this season. Doesn't it feel good to score goals?

Stephanie has all the potential but needs the confidence to convince herself that she can beat an opponent and score goals.

A valuable reserve. What a shame Joan will not be here next year for the others to benefit from the experience she gained this year.

Good back-up players, who filled various positions well. Hoping for good things for both of them next year.

.....a better Manager Norfolk never had! How easy for a coach to have someone like Wendy around who takes care of everything and everyone.

I believe that this has been a very important season for Norfolk House. Our results were good, but could have been better. We ended up in third place in the league, but did not get to the B.C. Championships. So why was it so important? Because Norfolk showed fight and learnt how to work 100%. Success comes through hard work in practices, giving up free time when friends are off enjoying themselves and also by accepting defeat from a better team, and learning from it.

A team cannot play well on name alone, it has to prove itself each season. An individual must never accept a certain standard, but always strive for excellence - in fitness, teamwork and skill. In sports activities, where numbers plus skill play an important part, i.e. swimming and track and field, a small private school must often bow from top place, but in a game with eleven players, this same school can achieve the pinnacle of success.

I have always advocated that the strength of any senior team lies in the strength of its juniors. At Norfolk we start hockey in Grade 3; from this time on, each individual has her opportunity to do well, providing she works hard, in her own time as well as the school's.

The sportsmanship of this year's team at the Island Tournament must be mentioned. The hockey report notes that Oak Bay went through to the B.C.'s on deflected corners, after full time and ten minutes overtime, where the score was 1-1. Both teams were exhausted: the standard of hockey between both teams had been excellent and the partisan crowd wondered about the outcome. The decision that there would be no more overtime, or a replay, was announced after ten minutes and our girls immediately cheered Oak Bay and shook hands, disappointed with the result, but smiling because they had made Oak Bay fight for third place. A moment to be proud of our team.

The First XI lose seven of Grade XII this year and they deserve a personal thank you for years of service to Norfolk House sports, particularly the hockey. For one grade to produce so many fine players is a credit.

Norfolk will do well in all sports next year, there is a wealth of talent in all grades, but never be content with second best. Good luck.



Junior Hockey:

L-R

Back: V.Crofton,
K.Hambleton,
J.Robertson,Mrs.John,
J.Worral,K.Earl,
A.Paine,

Front:U.Peavy,C.Tait,
J.Bland,C.MacAlpine,
N.Bland,B.Penn,
L-M. Greene.



First XI:

L-R

Back:W.Williams,M.Garden
J.Ruthven,H.Wilson,
S.Angus,S.Clark,
Mrs.John,

Front:M.Gladwell,F.Jones
S.Houston,S.Horner,
L-A.Browning,H.McIllree,
A.Nasmyth.

This year the First XI had a very good year. Placing third in the league's standing, we went on to the Island Tournament on November 2nd and 3rd. On Friday morning, we drew with Q.M.S., winning on deflected corners. Later we played Port Alberni and won. However, we did not get enough goals to put us through to the winners round. This placed us into the consolation round on Saturday, which we won. This win gave us the right to challenge Oak Bay for third place. After a very exciting game, there was a tying score of 1-1. We went through into overtime and after five minutes each way the score was still tied. After discussion by the Tournament Chairman and the Umpires, it was decided that the result (and the deciding team to go through to the B.C. High Schools Tournament the following weekend) would go on deflected corners and Oak Bay won, 4-3. In all a very enjoyable day and to finish a season of hard work and many successes. Congratulations to Andrea Nasmyth, our top goal scorer with twenty goals in the season. Our season record was 12 wins, 2 draws and 3 losses.

Greatly deserved thanks go to Mrs. John, who gave up a lot of her time to coach us. It was really appreciated.

SENIOR BRIDGMAN

The Bridgman Hockey Tournament was held at Lansdowne this year on October 21st. The Norfolk First XI played six games in the course of the day. In the morning, we played Brentwood and won 1-0, and then Mount Doug, which we drew 0-0, and later Crofton, which we lost 0-1. Unfortunately, this was just enough to put us out of the winners round and into the consolation. That afternoon we played Victoria High, tying them 0-0, then Mount View, also tying them 1-1, and at the end of the day we played Q.M.S. and lost 0-1. Congratulations to Oak Bay for a well deserved win, and thanks to Mrs. Bridgman for her great interest.

OVERMAN TROPHY 1972-73

The result of the Overman Trophy last year was a win for Norfolk House over St. Margaret's by 30 points to 6. This competition is between the two schools for two hockey matches, two basketball games and two tennis matches. In the hockey, Norfolk won 3-0 and 6-0; in the basketball we won one and lost one and won both tennis by defaults.

In this year's competition, only the two hockey matches have been played so far and we won both 5-0 and 4-0.

It is a pleasure to see the interest Colonel and Mrs. Overman show at all our hockey games throughout the season and their enthusiasm for their "Overman Games".

McPHERSON PARK

Again this year we had the opportunity of playing McPherson Park hockey teams from Vancouver. On Sunday, October 14th, the team went over to Burnaby Lake in Vancouver to play McPherson Park and Burnaby South. The First XI had an excellent pitch and we were able to make use of our hard hits and stickwork. We were able to manage a 6-0 win over McPherson. Unfortunately our junior team was not as experienced as they were and was defeated 3-0, although they all played well. By 2:00 we were back at the field ready to challenge Burnaby South. Unfortunately, the afternoon was not as successful, as both teams lost, junior 5-0 and senior 2-0. McPherson Park had a return trip to Norfolk on October 19th and this time we seemed more evenly matched as both our teams had a close win 1-0, 1-0.

FATHER AND DAUGHTER HOCKEY MATCH

This year under snowy conditions, the fathers, hockey sticks in hand, turned up to play their daughters in a fast moving hockey game. Fighting to the bitter end, the fathers kept excellent, if not overpowering, pace with the girls. The fathers speed and strength evenly matched the skill and teamwork of the girls, closing the game at a 2-1 score. Hot tea after the game added the finishing touch to a most enjoyable morning.

GYMNASTICS

Results:

Elementary Individual:	Hulda Towns (Wymondham)
Junior Individual:	Briony Penn (Caister)

Elementary:

1. Caister	-	25 (L. Marsden and L-M Greene)
2. Wymondham	-	22½ (A. Skinner and H. Towns)
3. Dereham	-	21 (C. Simpson and L. Humphrey)
4. Walsingham	-	18 (K. Bunyan and A. Past)

Junior:

1. Dereham	-	23½ (V. Kendrick and N. Bland)
2. Caister	-	23 (B. Penn and T. Rayfuse)
3. Walsingham	-	22 (J. Robertson and Damaris Mason Hurley)
4. Wymondham	-	21½ (A. Wallis and M. Monaghan)

Final Total:

1. Caister	-	48
2. Dereham	-	44½
3. Wymondham	-	44
4. Walsingham	-	40

The House Gymnastics Competition was held on June 14th, 1973, at the end of last year. Unfortunately, the seniors' support was not there, due to lack of time and vigorous studying for exams. However, the show went on and the junior school carried a successful competition. This year, the format was slightly different. Instead of two individual floor sequences and two apparatus sequences, there was one solo and one double sequence on the floor and one double sequence on apparatus. The performance started with the elementary and junior solos. All floor sequences were performed with music, each competitor being responsible for finding her own music.

After the solos, there was a brief pause before the doubles sequences on apparatus, performed without music. After the competition, Miss Scott presented the winning House, Caister, with the trophy. Caister well deserved its victory, but all Houses had worked hard and performed well. We thank our judges, Loralee Sealey and Mrs. John, for a hard job well done.

GRADE XII vs STAFF BASEBALL

The Grade XII and Staff Baseball Game was held in the summer term of last year. It was held at Pemberton Park on a very beautiful day. The game consisted of the whole Grade XII class and Staff. Both teams were dressed up in many different types of costumes. The Grade XII's won, but really it was a close game. In all, it was a very successful day and I'm sure everybody enjoyed themselves.

INDEPENDENT SCHOOLS' TRACK MEET 1972/73

The Independent Schools' Track Meet, which was held in Vancouver on June 2nd, 1973, was hosted by Crofton House. The day was very successful with a few girls from our school setting records.

1973 Junior Javelin - 66'6" Joan Robertson

1973 High Jump - 5'6" Stephanie Clark

Many did very well without breaking records but gaining points for the school: Mary Jane Henning - 800 m. first; Janet Shepherd - 4 firsts; Nina Bland and many others.

After the meet was over, we walked over to the School for presentations and refreshments. We boarded the ferry at 3:00 and were home at 6:30.

Results:	1.	Crofton House	253
	2.	Queen Margaret's	223
	3.	Norfolk House	197
	4.	York House	125
	5.	Convent of the Sacred Heart	103
	6.	Strathcona Lodge	37
	7.	St. Margaret's	33

JUNIOR VOLLEYBALL 1973/74

For the first time Norfolk House was invited to participate in a junior volleyball tournament at Mount Newton Junior Secondary. The other schools were Shoreline and Arbutus, and we combined with Glenlyon. Mount Newton was the fourth school. Arbutus won the combined total, but our team not only enjoyed the difference in playing games before a large audience, but also had to get used to the proper sized court after playing in our gym. We lost our three games, but improved tremendously as time went on and almost beat Shoreline in our final game. Our team consisted of Grade 8, 9 and 10 students.

INDOOR CRICKET 1973/74

Indoor Cricket was introduced to the juniors to encourage them in House competition.

Grades 7 and 8:

1. Caister
2. Dereham
3. Wymondham
4. Walsingham

Grades 5 and 6:

1. Dereham
2. Caister
3. Wymondham
4. Walsingham





Tennis:

L-R

Back: S.Angus, S.Houston,
A.Nasmyth, W.Williams,

Front: J.Bland, N.Bland,
H.Wilson, F.Jones.



Junior Volleyball:

L-R

Back: Mrs. John,
J.Greenwood, M.Garden,
M-A.Wiggins, J.Bland,
S.Clark, C.Jones.

Front: U.Peavy, N.Bland,
T.Dalziel,
E.MacPherson, K.Woods.

HOUSE RESULTS - 1972/73

Badminton and Swimming were held at S.M.U. in March 1973.

Badminton:

1. Wymondham
2. Walsingham
3. Dereham
4. Caister



Swimming:

1. Wymondham - 208
2. Walsingham - 125
3. Caister - 112
4. Dereham - 98

HOUSE VOLLEYBALL FROM GRADE 8 - 9:

Results:

1. Dereham
2. Walsingham
3. Caister
4. Wymondham



This year volleyball took on a new aspect of school life due to the major interest of the students. Unfortunately, last year our juniors were not involved in many sports activities. This year, junior house volleyball was the cause of much interest. The participation and enthusiasm of the junior school was so great, that the teams were easily formed. The four teams played well and showed good sportsmanship all round. Thanks is given to the organizers and referees, who put so much into this event. House volleyball promises to be an event kept for future years.

CROSS COUNTRY

1. Walsingham - 85.5
2. Dereham - 87.7
3. Caister - 92.3
4. Wymondham - 112.0



The House cross country is run on a system that every girl in the school (1-12) runs over a certain distance and gains a position within her class. Each position is then averaged out with the number of people from each House in the class and then all class totals added together to give a final result. The lowest total is the winner.

Sports Day 1973

Junior Hurdles - B. Penn

Inter Hurdles - J. Graeme

Senior Hurdles - S. Houston

400 Metres:

Junior - K. Hambleton

Inter - K. Pollen

Senior - M.J. Henning

80 metres: Grades 1 and 2 - S. Hvozdanski

100 Metres:

Grade 3 - M. Martin

Grade 4 - Sharon Kemble

Grade 5 - Susan Kemble

Grade 6 - J. Harvey

Grade 7 - P. Woodwork

Elementary - L. Marsden

H. Towns

Junior - K. Hambleton

Inter. - J. Shepherd

Senior - H. Fowler

Long Jump Inter. - J. Shepherd

Long Jump Senior - H. Fowler

Junior High Jump - J. Robertson

Junior Javelin - M. Monaghan

Inter. Discus - J. Towns

Senior Discus - K. McCue

Egg 'n Spoon:

Grades 1 and 2 - P. Fife

Grade 3 - S. Bowcott

Grade 4 - C. Gibson

Grade 5 - S. Goult

Junior Long Jump - N. Bland

Elementary Softball - S. Cameron

Inter. High Jump - M. Garden

Senior Shot - J. Rummel

Elementary Shuttle Relay - Dereham

Three Legged Race:

Grades 1 and 2 - C. Parris

S. Hvozdanski

Grade 3 - T. Crofton

M. Hughes

Grades 4 and 5 - S. Crofton

Susan Kemble

Final Results:

Caister	-	401
Dereham	-	381
Wymondham	-	312
Walsingham	-	247

4 x 100 metres Relay:

Junior - Dereham

Inter. - Caister

Senior - Walsingham

Senior High Jump - S. Higgin

Junior Shot - A. Wallis

Inter. Shot - C. Wright

Elementary Long Jump - L. Marsden

Grade 8 Sack - K. Hambleton

Grade 9 - 12 Sack - V. Leir

200 Metres:

Junior - N. Bland

Inter. - J. Shepherd

Senior - F. Jones

Junior Discus - V. Kendrick

Elementary High Jump - H. Towns

Inter. Javelin - A. Allen

Senior Javelin - H. McIllree

Sack Race:

Grades 1 and 2 - E. Humphrey

Grade 3 - T. Crofton

Grade 4 - L. Marsden

Grades 5 and 6 - M. Baylis

Open Junior 800 metre - A. Allen

Open Senior 800 metre - M.J. Henning

Three Legged Race:

Grade 6 - S. Heard

S. Cameron

Grades 7 and 8 - M. Crofton

V. Kendrick

Grades 9 and 10 - D. Graeme

C. Pollen

Grades 11 and 12 - V. Leir

H. Fowler

Elem./Senior - V. Leir

C. Gibson

Squadron Relay - Dereham

Little Visitors' Race - Louise Kemble.



Basketball:

L-R

Back: W. Williams,
J. Greenwood, A. Nasmyth,
S. Houston, H. McMillree,
Mrs. John, N. Bland,

Front: P. Henry,
J. Ruthven,
L-A. Browning, T. Dahl,
F. Jones,

Basketball

This was a most enjoyable season for the team. We entered the Senior High Schools "B" League for the second year. This made our schedule a hectic one, often playing three games in one week and with homework and other activities, practice time was at the minimum. All the players worked hard and although our results were far from exciting, it was only in the last quarter that we started making too many mistakes. One important point is that one cannot play basketball without being able to shoot and ours was far from good at times!

Our team included Ticki Ruthven, who was the only one with real playing experience. She was the mainstay of the team and she became an excellent guard. Leslie-Ann, her first year on the court, made it look as though she had played for years (except her ankles kept giving up and giving way!) and Andrea, who had overcome her lack of control from last year, played a valuable part in offence and defence.

Our other seniors were Heather, Frances and Peggy, who made tremendous progress and were solid substitutes. Our "juniors", namely Terrie, Joanna and Nina, had a most promising season and they should look forward to an outstanding future, if they are prepared to work hard. In our game against Mount Doug, Nina, given excellent assists, scored 31 points.

The Independent Schools' Tournament was held at Crofton House in February. We beat Q.M.S. and Crofton finished in third place. Our closest game was with York House and we only lost by one basket. They went on to play S.M.S. in the final, and S.M.S. deservedly won 14-13.

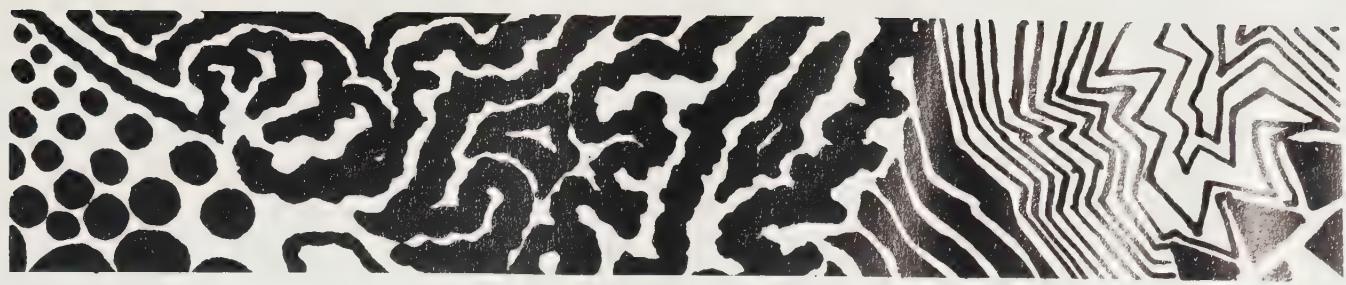
J.J.

As a final note, we would like to thank S.M.U.S. for the use of their Gym and thanks to John Donovan and Greg McLennan for refereeing our games.

J.R.

Autographs





LITERARY



Hallowe'en

Tonight is the night,
When witches fly.
When pumpkins stare,
And goblins glare.
At twelve o'clock they all appear,
It's Hallowe'en.

Tracy Gibson
Grade 4.

Hallowe'en

Tonight is the night when witches fly,
And as they go by, they yell out "Hi"!
When I go out, all dressed as a ghost,
The witches come by, and do they boast!
A goblin comes by and screams, "It's Hallowe'en"!

Sylvie Abrioux
Grade 4

The Little Angel

I saw a little angel floating in the sky.
I said hello, little angel, could you make me fly?
The little angel said, maybe, if you want to try.
I said, yes, could you, would you, make me fly?

May I try your wings, please?
She said to me, I suppose so,
But you must give my wings back
Or I will never go!

Deidre Wilson
Grade 3

Christmas Time

The bells are ringing clear,
Christmas time is here
Everyone should be jolly,
And decorate their house with holly.
"Tis the day when baby Jesus was born,
And it was right on Christmas morn.

Carla Luna
Grade 4

Santa Claus is Chubby

Santa Claus is chubby.
At every house he eats.
When he is finished he leaves scraps.
I think he is chubby.
It's Christmas.

Eleanor Creighton
Grade 4

Hallowe'en

Witches fly across the sky,
Pumpkins stare when owls who-oo.
Elves and spirits flit through the night,
And goblins, ghosts are seen on posts.
It's Hallowe'en!

Pam Bavington
Grade 4

Fall

The leaves fall,
Off a very tall tree
So many colours to see
orange
yellow
red
and
brown.

Shannon Smith
Grade 4

Christmas

On one cold morn,
In Bethlehem town,
A little child is born
With hair silvery white
And eyes shining bright.
In swaddling clothes he is
Lying in a manger with
Warm, soft hay,
In Bethlehem town,
A new king is born.

Tessa Crofton
Grade 4

Christmas

It was Christmas eve
And as I lay in bed
I thought of the children
That hadn't been fed.

I wondered if they
Would have a wonderful day;
But it makes me sad instead
Of glad to hear of things
 this way,
Especially on this Christmas Day.

Michele Hughes
Grade 4

Baby Mouse

A baby mouse is so small,
Not even as big as a rubber ball.
He curls up like a jelly bean
And he is hardly ever seen.

Morag Martin
Grade 4

The Fox

There was once a fox
That was sly as can be,
He caught little rabbits
And ate them for tea.

Tessa Crofton
Grade 4

Autumn

Autumn is so beautiful with
leaves fluttering to the ground.
The many lovely colours of leaves,
red, green and brown.

Autumn is so wonderful
beautiful and free.
Leaves are always falling,
falling to the ground.
I could never frown
on Autumn

Cynthia Tregear
Grade 5

The Wind

The wicked fiendish wind did blow,
It shook its fist and whistled low;
It bared its teeth to all the land
And shook the world with its mighty hand.
From where I stood I saw its face,
So cruel and cold, yet full of grace.

Kelly Woods
Grade 9

The Runaway Wind

The runaway wind
Came by today calling,
"Come on, let's run away"!
He pulled my hair,
And promised to take me everywhere.

Wendy Bricker
Grade 6

Pollution

Rich is the Moon,
Golden the Sun,
These things may be enjoyed
by everyone.

Green is the Grass,
Blue is the Sky,
Which many people don't
notice except you and I;
These things I treasure and
so should you.

So stop all this polluting
and dropping of mess,
And you will agree with my
poem, more or less.

Linda Davis
Grade 7

It's School Time

The bell rings,
We all line up.
Here we go,
Here comes Miss Scott.
We are all singing,
It's school time.

Tracy Gibson
Grade 4

The Forest Fire

The fire started
With a crackle and a pop,
And the trees
Went up in flames.

All the animals
Stopped their playing,
All the animals
Stopped their games.

The rain came down
With a sprinkle and a plop,
After the dawn
The fire stopped.

Elizabeth Fox
Grade 6

The Librarian

Help me! Help me! I can't
find my book,
The librarian started with quite
a shocked look.
What, my dear girl? You need help
I can see.
Yes, you're right, I said exasperatedly.
Now tell me the title, the number,
the card;
Well, if I knew, it wouldn't be hard.
I told her the number, the colour,
the pages,
At this rate, she sighed, we'll take
absolute ages.
With a sniff and a sigh that librarian
rose,
She pin-pointed that book right under
my nose.
Angry and red, I guffawed up a roar,
And then with a flourish I rushed out
the door.

Kelly Woods
Grade 9



Sunset

As I sit by the window,
The sun sets over the sky.
With pink and red colours,
In the fluffy clouds going
by.

Shannon Smith
Grade 4.

Die Welt geht vorbei
In langweiliger Reihenfolge
Wellen unterbrechen stilles Wasser
Die Bäume wehen unbekümmert im Wind
Aber alles ist still.

Eine neugierige Fliege landet leicht
Auf der langen krummen Schnauze
Und erforscht seine gewölbte Umgebung
Aber da ist keine Bewegung
Kein lärm.

Der lederne Schwanz
Im grünen Wasser verborgen, zittert zögernd
Als ob in Erinnerung
Dann ruht er
In der wässrigen Stille

Erinnerungen fliessen durch seinen sinn
Die erinnerungen an ein früheres Leben
Vor vielen Jahren, und doch, erst gestern
Als das Leben frei war, aber nun
Eine ewige Stille ist.

Helen Wilson
Grade 12

Loneliness

A void, a trap
an empty feeling, filled only by
laughter and a bit of friendliness
Life is full of loneliness
what can fill
the gap?

The knowledge that somebody
cares, thinks of you
But then in a moment
you realize
what people are
they themselves
are empty
saying hollow words and
thinking hollow thoughts. Then you find
your friends
aren't really friends -
but people
Who use you for their advantage and
then, when they are done
with you

Loneliness, it comes again - a void -
a trap
Loneliness.

Anne Garden
Grade 11

The Music is Irritating.

The music is irritating
going places I can never
Not only the thought
but the expression
Superior to the clumsy efforts
of my mind.

The music is not inspiring
me to try
For I know I'll never be there.
I continue to organize
the far off images of
expression.

The music is irritating.

Abby Day
Grade 12

Rhythm in 8 lines of "Heather Ale"

On the mystic land of Knossos,
Just up the banks of Crete,
There lived a pompous kingship
His name was short and sweet.
He lived on wine and citric fruits,
And small coins touched with gold.
He loved his coins, King Minos did,
He wasn't very old.

One day good Min' got bored,
His mind was drooping low .
So to boost up his spirit,
Not too high or not too low,
He ordered in brave Daedalus,
The engineer of Greece,
To build him up a labyrinth
Enough to hold a beast.

So Daedalus and Icarus,
His little wayward son,
Actually he wasn't but
I thought it up in pun.
So Daedalus and Icarus
Built up the mighty maze,
They put so many winding paths
That Minos was amazed.

After the completion,
The couple flew away,
The reason for this escapade
I really mustn't say.
King Minos stuck a Minotaur,
A half-man and half-beast,
Into the mighty labyrinth
In the mighty land of Greece.

Briony Penn
Grade 9

Sadness

Sadness lurks within one's
heart and closes in the
thorns of upset and emotion.

Happiness can blunt the thorns
of sadness but only by one's
strength of soul.

Karen Hambleton
Grade 9

HANDS

Big hands, small hands
Young hands, old ones.
Rough hands, smooth hands
Shy hands, bold ones.

A hand starts working when a baby is born
And doesn't stop until he has gone.
He uses his hands for many things.
Climbing ladders or wearing rings.

White hands, brown hands
Soft hands, hard ones.
Long hands, short hands
Warm hands, cold ones.

A child uses his hands exploring things,
Opening presents a loved one brings.
He opens the door and throws a ball
And throws paper planes out into the hall.

Happy hands, sad hands
Bright hands, dull ones.
Shapely hands, gnarled hands
Fancy hands, plain ones.

As the child grows big and strong
His hands are tagging right along.
They're cleaning windshields, chopping logs,
Mowing lawns and washing dogs.

Dirty hands, clean hands
Fat hands, thin ones.
Hoping hands, praying hands
Brittle hands, wiry ones.

Now the child has grown to a man,
His hands are working as they can,
Writing letters, cheques and bills,
Patting his stomach when it is full.
Combing his hair and tying his tie,
Throwing his hat to the clear, blue sky.
Tying a rope for child in a tree,
Holding his young wife tenderly.
Driving his car and reading a book,
Throwing some pebbles into a brook.

Tearing his hair when he makes a mistake
Eating the cakes that his young wife has baked
As he gets older they slow down a bit
But they aren't finished. No, not quite yet.
It's true they get wrinkled and aren't quite so strong
But they're still his two hands like they've been
all along.

When the man dies their work is all over
But many more hands are there to take over.

Big hands, small hands
Young hands, old ones.
Rough hands, smooth hands
Shy hands, bold ones.

Many more things can describe hands
But there's not enough paper in all the lands.

A PURPOSE TO LIFE

The grubby cat limped down the alley. Her scrawny figure bled and her body was battered. It was obvious that she had just been in a fight and, in her situation, it seemed probable that she fought over food. This was because she had only her kittens to live for and although life wasn't all that great it was better than dying. She came to the conclusion that she was going to try to give her kittens some sort of life, but she had not much to give, except for her own life.

A grotesque rat observed the cat in her misery. Its eyes were large and beady. Its ugliness outdid any of the creatures of the universe. For he had no heart to care with and he had never experienced love for any other fellow creatures.

All at once the malicious rat pounced upon the cat's back from a pile of garbage, driving his claws fiercely into her spine. At once the last of her strength appeared and she turned on him fiercely. With her healthy front leg, she ripped out one of his eyeballs and dodged away. The rat was, at last, put to an end.

She could not go fast for she still had a lame leg. Now, as soon as she was sure the rat was dead, she went back to fetch him. When she arrived back to her kittens with the rat they had a feast. Still though she was badly haemorrhaging and was all worn out, soon after she died. Whatever happened to her kittens I do not know. The one thing I know was that she had a purpose to life and that's what matters.

Jane Kokkelink
Grade 8

A MOMENT OF JOY

The drizzling, spitting rain now had me soaked to the skin. My leaky boot took in freely the water from the drenched grass and the icy wind chilled my bones.

The hills were high and steep over which I was travelling and there were many. At the top of each hill I would stop, listen for any sound, and then let my eyes roam over the forty-three acres around me for any sign of our cow.

Daisy had broken the loose gate of her comfortable, hayfilled stall to toil as far away from civilization as possible. Her wish was to beat the labour of having her calf alone. This is not uncommon with cows in calf.

I walked more slowly now, as the length of the journey began to take effect. I was hopelessly downcast and miserably futile in my efforts to find her.

I began to turn around to begin the long trek back for help, but a quick flash of brown and a startling grunt made me stumble forward curiously towards the old cedar tree in front of me. I quietly parted the green branches and slowly a joyful smile crept over my face. A tiny heifer calf stood suckling contentedly on the large bulk of a very happily fulfilled, runaway cow. As if to reassure me, Daisy snuffled warmly and wetly into my outstretched hand.

Gina Wilkinson
Grade 8

THE RAGING TORRENT

It was a quiet afternoon, the sun was high and a brisk breeze blew quite gently. Time passed and the usual dark clouds began to flood the sky. Dusk was here, but a certain strangeness came with it. Abruptly, there was an illuminated flash of lightning, and the heavy crack of thunder. The wind rose with an accented crescendo. It howled and whistled as it blew, tearing the limbs from the already exhausted trees. Beyond them, the sea became a raging torrent, with the most ghostliness I had ever seen. The waves crashed against the sea wall, spitting angrily across it. The rain poured on endlessly, creating a steady stream of water. The ground was blanketed with flying tree limbs.

The grass rippled harshly. The wind blew harder, the sky became darker, the air thicker and the noise louder. The sound of a fog horn trumpeted its warning to those at sea. The clouds, deformed shapes, resembled angry faces. Lights in houses went on and the sound of fire trucks and ambulances filled the air.

The house was warm and a small candle flickered in the corner of my room. I looked around my dry, cozy bedroom and then out into the drizzling end of the storm. A small bird flew to a tree, glad too that it was over. The worst storm we had ever had was finished, but memories still lured with those who had seen and heard it.

Barbara Taaffe
Grade 8

THE COUGAR

The cougar's eyes darted around. He was ready, waitingNothing stirred. The slight breeze ruffled his neck.

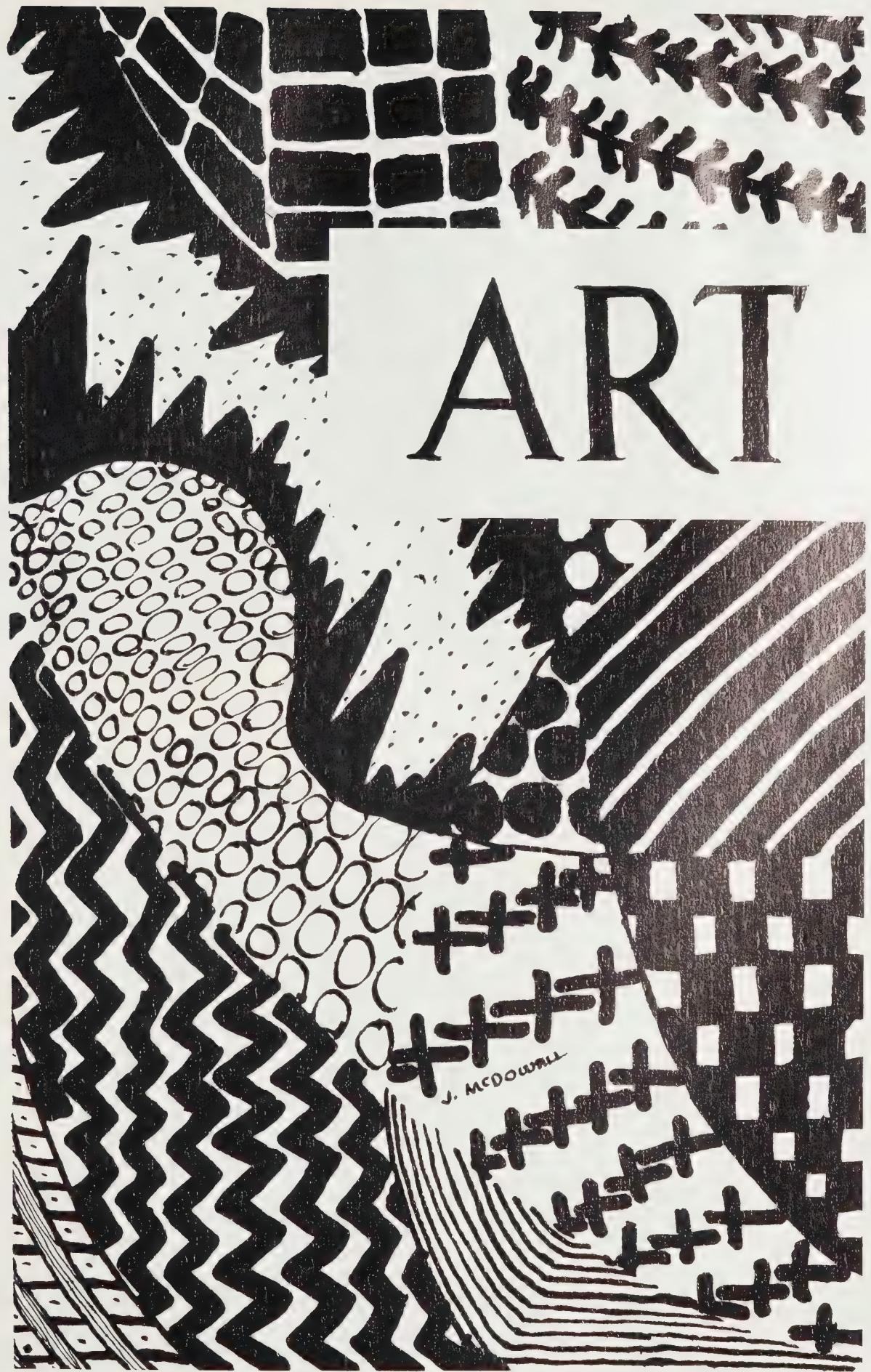
His hair stood on the back of his neck. Something was coming, he could sense it. His ears flattened out in apprehension. Perhaps a premonition darted through his mind.

A surly looking man with a long, black object rounded the tree. He pausedA shot rang out.

It was all over. The cougar fell on his haunches. It was a hot dayThe blood dried quickly.

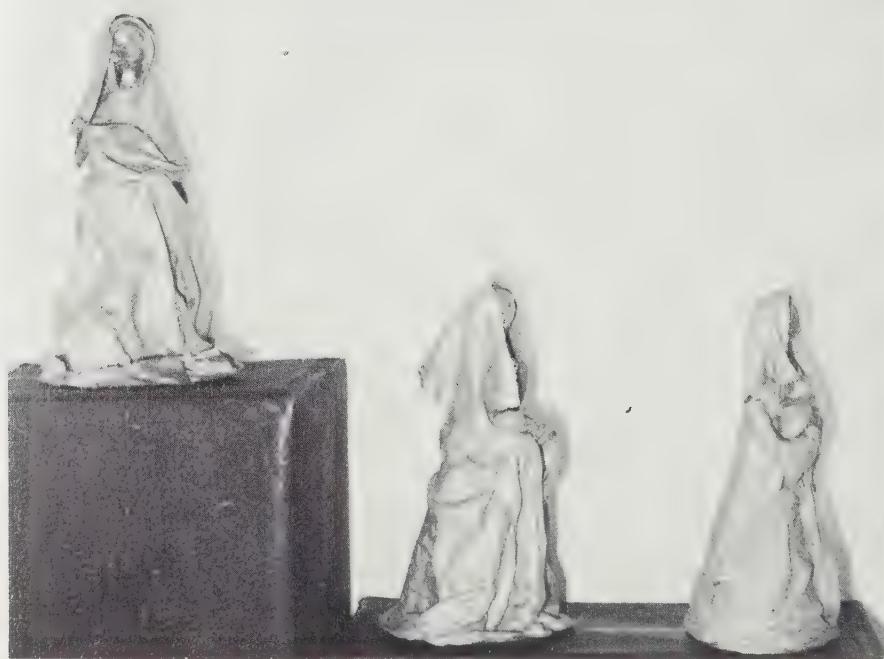
Cory Coe
Grade 6







Grade 3 Craft

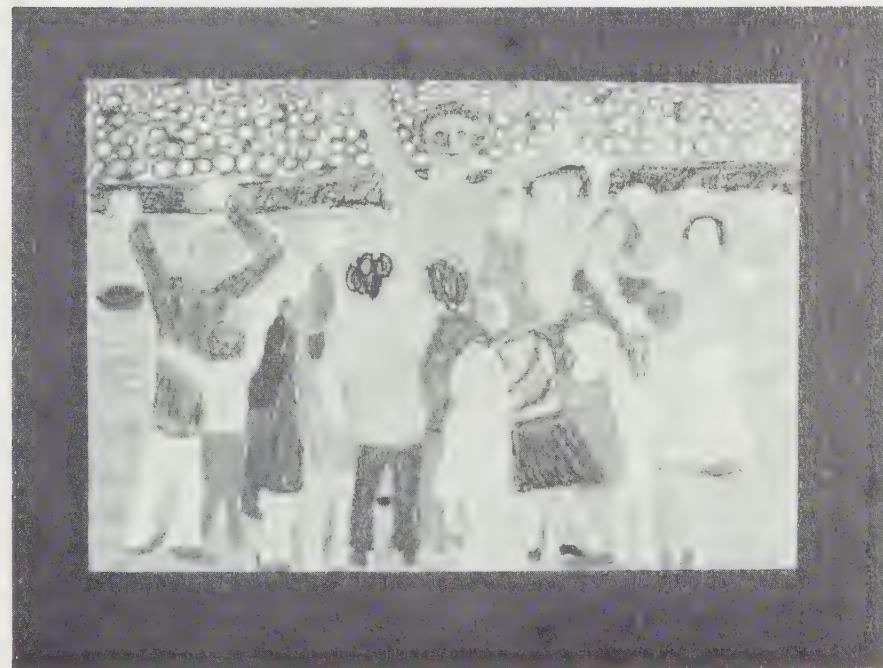


Grade 5 Craft



Grade 4 & 5 Craft

A. Skinner Grade 7

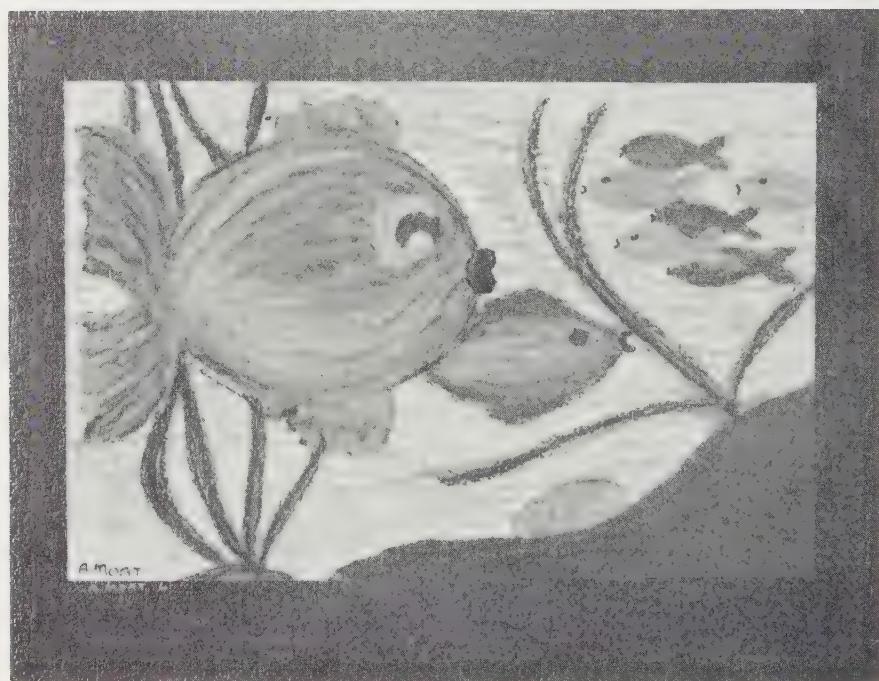


G. Wilkinson

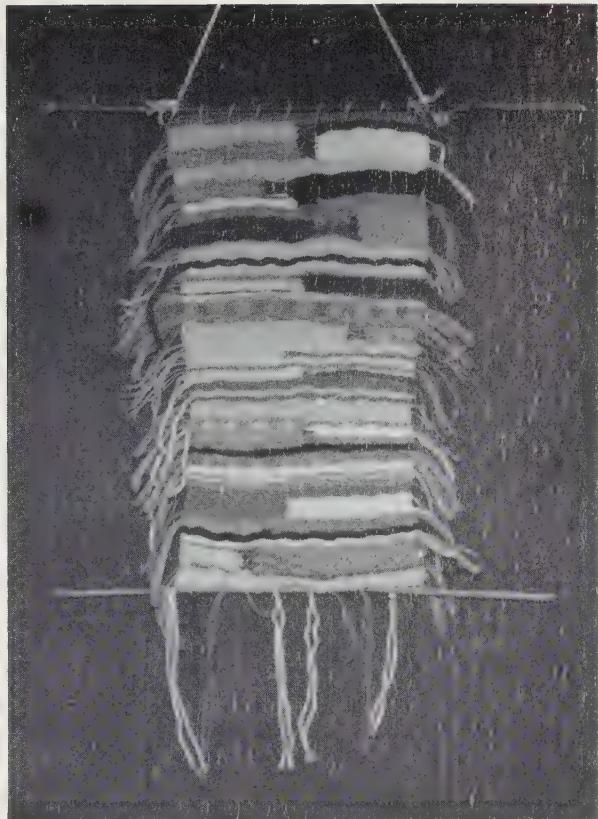
Grade 8



Grade 6 Puppets



A. Moat Grade 6



C. MacAlpine Grade 8

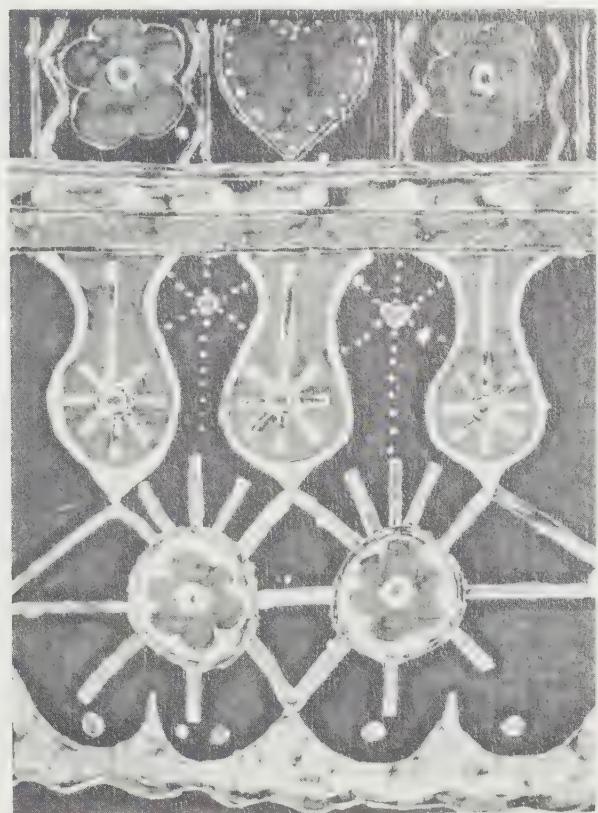


A. Pi Grade 12

Painting



D. Johnston Grade 12
Linocut



B. Gibbs Grade 11 Batik



D. Johnston Grade 12

Acrylic Painting



Acrylic Painting

W.Williams Grade 12



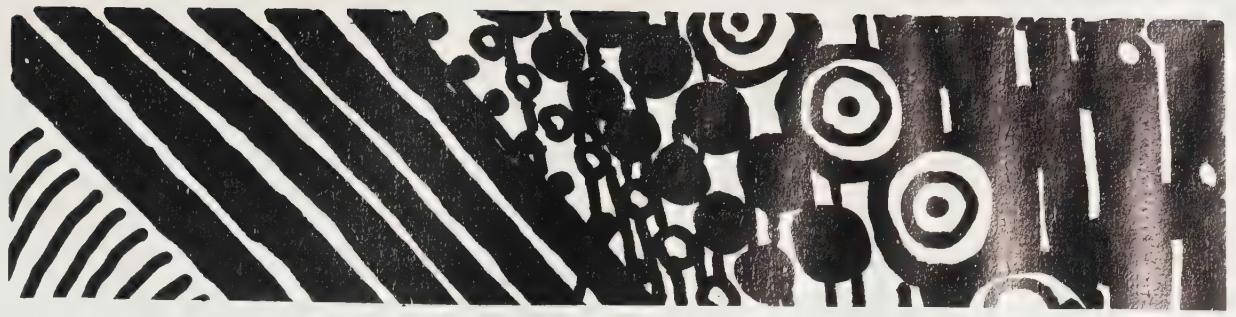
"PASSACAGLIA"



"OUT"

"PATIENTS"





EVENTS



NATIONAL HOUSE DAY

As the first "special activity" of the year, National House Day turned out to be a tremendous success. The tradition, revived once again this year, involved an afternoon of inter-House races and competitions for the whole School. As well as the regular novelty races, such as the three-legged and the shuttle runs, this year saw the advent of such strange competitions as hockey-ball bouncing and a dress-up race. Even the teachers got into the act with a teacher's obstacle course. To finish the day, everyone set off in different directions to search for their House colours on the paper hunt. The final results of National House Day were:

Dereham	-	44
Caister	-	34
Wymondham	-	28
Walsingham		27

But more important than winning or losing was the great school spirit that National House Day helped to bring about.

FIRE SHIELD

On October 12th, Norfolk House was presented with the Victoria Schools' Fire Prevention Shield by the Chief of Victoria Fire Department. This shield was awarded to the School after an inspection of Norfolk's fire prevention facilities and a timed fire drill, in which our evacuation was clocked at fifty seconds. Although the shield will remain with us for only a year, the School has been given a permanent Certificate of Merit.

UNIVERSITY OF VICTORIA CREATIVE ENGLISH WORKSHOP

On Saturday, October 24th, approximately fifty eleventh and twelfth grade students from Victoria gathered at the University of Victoria. There we attended lectures and workshops presented by the Creative Writing Department.

Robin Skelton and other members of the Department gave the lectures and discussed the students' prose, poetry and drama works. In the evening, we listened to the poet's own works. The day was very interesting and a worthwhile introduction to the Department.

DANCES

The combined efforts of the St. Michael's and Norfolk Dance Committees resulted in the first dance of this year being held at St. Michael's University School on October 26th. Grades X to XII from Norfolk attended, as well as from St. Margaret's and St. Michael's. Once again, we were invited to an evening of decorating, followed by a dinner at S.M.U. before the dance. This proved very successful, as did the dance itself. The band playing was Mission Ridge. Altogether, the dance was the first of many good dances which Norfolk attended this year.

THE CHRISTMAS PARTY

On December 19th, the entire school was invited to a Christmas party held by Grade XII. This is a tradition which began several years ago. It has proved very successful each year and this year's party was no exception to the rule.

The party was begun with the Grade XII's unique version of "'Twas the Night before Christmas". Later, members of the cast, including a convincing Santa and his elves, served Christmas treats to the school. As these were passed around, everyone joined in singing Christmas Carols. The party turned out to be a great celebration to kick off our Christmas holidays.

CHRISTMAS HAMPERS

One of the Social Service Club's most important activities of the year, as always, was the preparation of Christmas Hampers. This year the School's participation was especially encouraging. In an effort to make the happy Christmas season a little brighter for others, the entire school collected food and gifts for various families. This year, as before, girls brought various types of food, such as vegetables or tinned foods, each day for one week in the first term. This provided enough to make four large hampers for separate families. Other Social Service funds went to buying gifts for the children of these families. After being collected and decorated, Hampers were sent out with turkey vouchers. Thank you Norfolk House for your support of this necessary service.

CHRISTMAS CONCERT 1973

The Christmas Concert this year was a joint effort between Miss Pearcy, Mrs. John and Mr. Leard. Miss Pearcy picked her songs with taste and imagination, providing varied entertainment by the Choirs. Choirs from Grade 1 to Grade VIII sang, creating a lovely build up to our Senior Choir, which was fantastic, as usual.

Mrs. John's Nativity Scene was well received, with Sharon Angus playing the lead role of Mary. The play was done in pantomime and carried through very successfully to the accompaniment of taped music.

Mr. Leard's adaptation of "The Christmas Carol" was extremely well done, with Joanna Greenwood as Scrooge. Grade X is to be commended on their use of lights and costumes. These items made the play very realistic and the audience's appreciation was quite evident.

The combination of these three programmes proved highly successful and entertaining. The feeling was one of Christmas; and the enthusiasm put into the entire project resulted in a well put together, smoothly run production. Congratulations to everyone involved. It was a great success.



STRING QUARTET CONCERT

Norfolk House was especially lucky this year in receiving a visit from Mr. Caywood of the Victoria Symphony, with his String Quartet. Their small concert was attended by all grades on January 22nd. The origins and history of string quartets were explained by Mr. Caywood and, to illustrate, the group played compositions by Haydn, Beethoven and Mozart, right through to the works of present day composers. It proved to be a very enjoyable programme and one which the whole school found worthwhile. Our thanks go to Mr. Caywood and the String Quartet for making such a concert possible. We hope that it may be repeated in the future.

Senior Dance

Once again our Norfolk Senior Dance was hosted by the Grade 11 class. Profits from booming milk sales were poured into hiring a band called "Magic" and the purchase of decorations. Then, after a last minute scramble, the doors were opened to show a gym decorated with colourful . tigers and dragons. Girls attended from Grades 10 to 12 and an invitation was extended to both S.M.U.S. and Glenlyon boys. The evening turned out to be a great success. We would all like to thank those parents who attended as chaperones for helping to make the dance so lively.

Junior Dance

The sound of taped music through Norfolk corridors was a sure sign that a dance was afoot. The Junior Dance, held on March 8th, proved to be well worth all those preparations. It was attended by Grade 9 and 10 girls, with the necessary ingredient - boys - coming from S.M.U.S. and Glenlyon. Our own Grade 12's chaperoned the evening. As everyone will admit, it turned out to be a lot of fun.

Slave Day

Norfolk House Grade 12's sitting in trees and chirping? A prefect tattooed in felt pen during school hours? Had all our Grade 12's gone berserk? No, the day was "Slave Day" Girls throughout the school had bought their "slaves" from the Grade 12 class. On February 20th, all slaves had to obey their masters completely - with some startling results. The proceeds from the Norfolk Slave Auction will go towards a Graduation Dance. It certainly proved to be a day we will all remember, slaves and masters alike.

Drama Festival

The School's drama activities during the middle term centered around the Victoria Drama Festival, held March 1-7. The senior production was 'Outpatients', an English comedy about the various characters found waiting in an outpatients ward. Directed by Mr. Jim Leard, the play involved both Grade 11 and 12 students. Helen Wilson brought to life the lead female role of Mabel Masters. After much rehearsing, the play was presented at Norfolk on March 1st, together with the Mount View production "Leaf Me Alone". It was well received by Mr. Hartey, the senior adjudicator. Many thanks go to everyone who participated to make the play such a success.

Visit to the Legislature

This year, students from Grades 10 to 12 were given the opportunity to see the provincial government in action. We spent the afternoons of February 11th and March 13th in the gallery of the B.C. Legislature, observing House debates on local and regional issues. These outings were a valuable addition to school activities, giving each student an idea of how our government is run. We hope there will be other such visits in the future.

S.S.

Social Service this year has been aimed at creating an awareness of the many social service organizations in the community. We had a number of speakers, including Mrs. G. Levi, Mrs. M. Dahl and Mrs. A. Spicer. The junior grades have sewn afghans this year and the seniors helped at the Arbutus Crafts Wheel-A-Thon, the MS Dinner and selling poppies for Armistice Day. We raised money for Arbutus Crafts by selling Christmas crackers and cards and we provided Christmas hampers for four fatherless families.



SCHOOL CLOSING - JUNE 22nd, 1973

CERTIFICATES FOR PROFICIENCY

Grade 1	Susannah Bexley Caroline Creighton Carol Waldmann Charlotte Wardell	Grade VI	Birgit Bulling Louisa Bushnell Heather Wallis Virginia Crofton
Grade 11	Jessica Bendinger Tracy Gibson Sharon Hvozdanski Alison Kemble Carla Luna Catherine Parris	Grade VII	Sally Cupples Linda Greene Barbara Taaffe Victoria Ball Nina Bland Vicki Kendrick
Grade III	Sylvie Abrioux Laura Bailey Tessa Crofton Charlotte Heard Michele Hughes Tania Tobler Susan Wallis	Grade VIII	Carole Tait Anne Wallis Andree Dufléit Susan Horner
Grade IV	Jennifer Bexley Katherine Gibson Celia Greenwood Sharon Kemble Lisa Madill Lesley Marsden	Grade IX	Patricia Rankin Nona Avren Catriona Cupples Anne Garden Gail Thompson
Grade V	Cornelia Coe	Grade X	Sara Neely Julia Adams Mary Jane Henning
Grade XI		Grade XI	
Grade XII		Grade XII	

BOOK PRIZES

Primary Music	-	Juliet Fox
Grades 1 and 11	- All-round improvement in Primary area	Elizabeth Humphrey
Grade III	- Citizenship	Susan Wallis
Grade IV	- Outstanding academic achievement	Celia Greenwood
Grade V	- Outstanding academic achievement	Cornelia Coe
Grade VI	- Math	Heather Wallis
	Science	Birgit Bulling
Grade VII	- Science	Barbara Taaffe
Grade VIII	- Outstanding academic achievement	Anne Wallis
Grade IX	- Outstanding academic achievement	Patricia Rankin
Grade X	- Outstanding academic achievement	Susan Horner
Grade X	- Outstanding academic achievement	Nona Avren
Grade XI	- Outstanding academic achievement	Catriona Cupples
	Art	Wendy Williams
	English and Drama	Frances Jones
Grade XII	- All-round	Sara Neely
	English	Rosalind Scott
	German	Sonya Roethel
	French Literature	Rosemary Rayfuse
	Government of France Special Prize	Mary Jane Henning
	Latin	Mary Jane Henning
	Greek	Rosalind Scott
	Biology	Julia Adams
	Dr. A.E. Trottier Prize for Science	Mary Jane Henning
	Mathematics	Kim Chua
	Geography	Vivian Leir
	Art	Julia Adams
	Drama	Rosalind Scott
	Music	Wendy Stofer

Awards

Elementary Long Jump	Lesley Marsden
Elementary High Jump	Hulda Towns
Elementary 100 metres Dash	Lesley Marsden
	Hulda Towns
Junior Aggregate (for Sports Day)	Briony Penn
Junior Tennis Singles	Marietta Crofton
Junior Tennis Doubles	Stephanie Clark
	Mary Garden
Senior Tennis Singles	Nina Bland
Senior Tennis Doubles	Mary Jane Henning
	Vivian Leir
Watton Cup - Achievement in P.E. in the Junior School.....	Lesley Marsden
J. John Award for Progress and Sportsmanship	Stephanie Clark
E.S.W. Bridgman Cup for Junior Hockey	Mary Ann Wiggins
Overman Trophy Competition - S.M.S. and N.H.S.,	Norfolk House
Dereham Award	Shelagh Houston
Caister Award	Diana Oliver
Walsingham Award	Catriona Cupples
Wymondham Award	Marcia Monaghan
The Grads of '63 Cup	Anne Wallis
House Singing Competition	Wymondham
Pooley Cup for Academic Honours	Wymondham
Davies Cup for Debating	Wymondham
Cock House Cup	Wymondham
Henderson Cup for Drama	Abby Day
Charles Heisterman Cup	Madelyn Todd
The Prior Cup - To a member of Grade X11, not a prefect, who has given consistent service to the School	Rosemary Rayfuse
The D.W. Atkins Prize - Presented by the Old Girls to the prefect who has shown special concern for the Juniors.	Laura Denford
The Burridge Cup	Vivian Leir
The Young Cup - Combined Academic and Athletic Achievement	Mary Jane Henning
The Hammond Cup for Merit	Holly Fowler



The Endearing Elegance of Female Friendship.



"Rub this lamp and a genie will appear"

OAK BAY

SPORTING GOODS LTD

2077 CADBORD BAY RD

592-9021

NEXT TO OAK BAY JR. HIGH SCHOOL

El Rose

MODES LTD

FASHION FOR THE MODERN MOTHER

2519 ESTEVAN AVE. 3629 SHELBOURNE

598-5311

477-5623

VICTORIA, B.C.



FRANK & SONS

JEWELLERY LTD

720 YATES STREET, VICTORIA, B.C.

DIAMONDS - WATCHES

GOLD JEWELLERY

GENUINE STONE AND BIRTHSTONE RINGS

PHONE: 385-8841

RES: 479-4427

JACK MEARS
OAK BAY REALTY LTD.



"THE PROFFESIONAL PEOPLE"

RESIDENTIAL-COMMERCIAL - INDUSTRIAL -

REAL ESTATE - APPRAISALS - INSURANCE

- MORTGAGES -

COAST - TO - COAST

REAL ESTATE SERVICE

WITH 154 MEMBER FIRMS

727 JOHNSON ST
2194 OAK BAY AVE
3618 SHELBOURNE

386-2291
598-3321
598-3344

BURT'S RESTAURANT

TROUNCE ALLEY

FAMOUS FOR:

SPAGHETTI

BRITISH STYLE FISH & CHIPS

DELICIOUS HAMBURGERS

SHOPPERS DRUG MART

1955 FORT ST. AT FOUL BAY ROAD

PRESCRIPTIONS, FIRST AID SUPPLIES,

HEALTH NEEDS AND COSMETICS.

PHONE 592-4541

QUALITY GUITARS, AMPLIFIERS, UKELELES,

PEARWOOD RECORDERS

POPULAR SONG FOLIOS

"THE PEDAL STEEL GUITAR CENTRE"

SOFT SOUNDS MUSIC

2031 OAK BAY AVE.

598-1524



NEW EXCLUSIVE ZENITH
CHROMATIC BRAIN SOLID-STATE
COLOR DEMODULATOR



"The Quality goes in
Before the Name goes on"

ACTIVE RADIO

TV

2166-2170 OAK BAY AVE. VICTORIA
BUS. 598-5722 477-6884

JAKE VAN PELT

DAVIS HARDWARE

2509 ESTEVAN AVE VICTORIA 592-3721

PAINT - GARDEN SUPPLIES - HOUSEWARES

HARDWARE

"THE RIGHT PLACE TO CALL"



COURTESY OF

PEMBERTON, HOLMES, LTD.

1002 Government St.,

Victoria, B.C.

Fully Professional Real Estate Services



SINCE 1887



COURTESY OF

GRAEME & MURRAY CONSULTANTS Ltd.

CONSULTING ENGINEERS

STRUCTURAL

CIVIL
895 FORT STREET

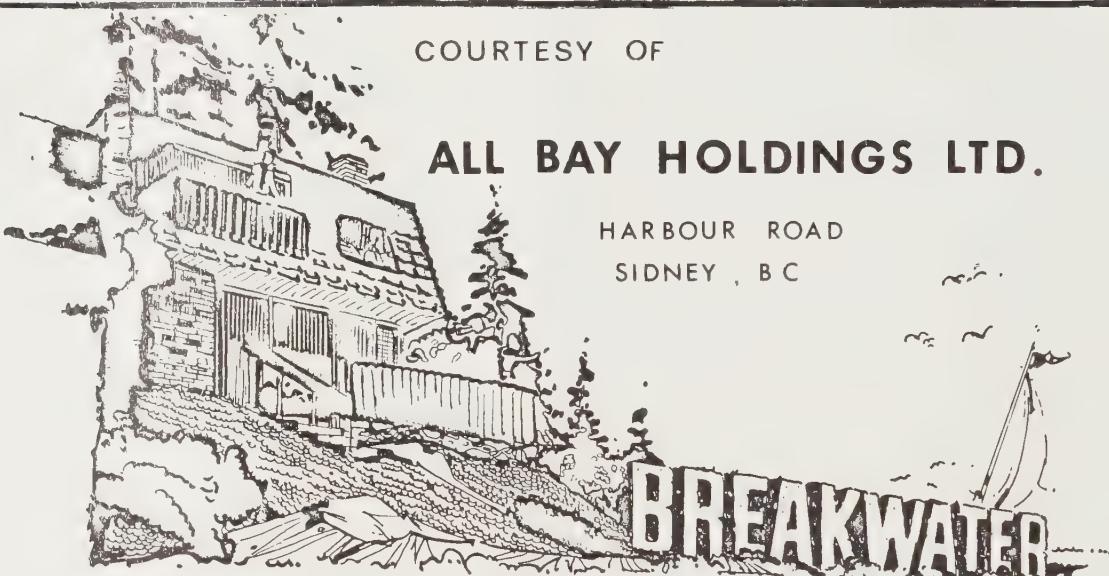
MUNICIPAL
VICTORIA, B.C.

COURTESY OF

ALL BAY HOLDINGS LTD.

HARBOUR ROAD
SIDNEY, BC

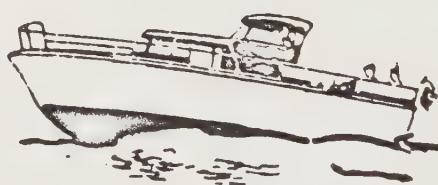
PROPERTIES AND LAND DEVELOPMENT



BREAKWATER

COURTESY OF

LATCH
SIDNEY, BC



LATCH MARINA LTD.

LARGE BOAT MOORAGE

HENRY'S TAILORS

2012 OAK BAY AVE 598-3913

FOR

LADIES AND GENTS

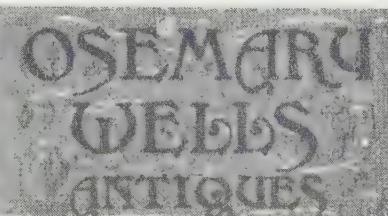
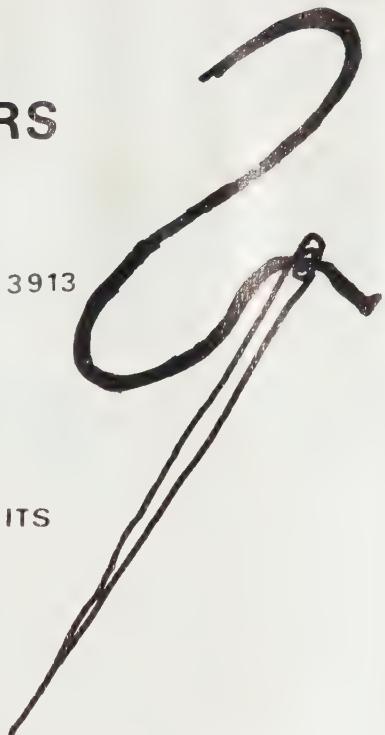
MADE TO MEASURE SUITS

READY TO WEAR

ALTERATIONS

PERSONAL SERVICE IS OUR ASSURANCE

OF QUALITY



839 FORT



PHONE 386-0086

LONDON BRITCHES



DIRECTLY ACROSS
FROM EATON'S

1175 DOUGLAS ST.
COMMERCE MALL

HE AND SHE BOUTIQUE

849 Fort Street
Victoria, B.C.

Telephone
388-7021

Vim-Vigor & Vitality Health Shop
SPECIALIZING IN
Vitamins - Natural Health Foods - Herbal Teas

Charles & Julia Clarke

Res: 385-8510

Babyland

2204 OAK BAY AVE.
592-5331 VICTORIA, B.C.
MARMET BABY CARRIAGES
INFANTS AND CHILDRENS WEAR
PLAYWEAR UP TO SIZE 14

CANDLE POWER

830 FORT ST.

VICTORIA, B.C.



PHONE - 383-5411

PHONE 384-8732

BULK HEALTH FOOD FOR PETS

Petland
PETS & PET SUPPLIES

GRACE DUCKWORTH

822 FORT STREET
VICTORIA, B.C.

Congratulations to the

Graduating Class of 1973



Monk Office Supply Ltd.

754 Broughton Street

384-0565

Office equipment & school supplies

Grey Friars House Ltd.

YOUR SCHOOL UNIFORM SHOP

now at

774 FORT STREET

VICTORIA, B. C.

Same Telephone - 383-1413

• DUFFLE COATS •
• BLAZERS • SKIRTS • SOCKS •
TUNICS • KILTS • SHORTS • CRESTS



OAK BAY INTERIORS

SPECIALISTS IN FINE DRAPERY FABRICS,
CARPETS & UPHOLSTERY

CONSULT WITH US ABOUT YOUR DECORATING
IDEAS

2234 OAK BAY

PHONE 598-4712

Oak Bay Hardware Co. Ltd.

Garden Supplies
Bapco Paints

2213 Oak Bay Ave.
598-4222

GEORGE PAULIN TRAVEL SERVICE

"Victoria's International
Travel Specialist's"

382-9168 1006 GOVERNMENT ST.

BETTER QUALITY BOOKS AT
IVY'S BOOKSHOP

Come in and Browse

*Around the corner from
the Oak Bay Theatre*

We also have a fine Paperback Selection
TELEPHONE 598-2713

*The Memory of Quality Flowers
lives long after*

Oak Bay Flower Shop

for a
Complete Floral Service
Phone 383-6441
R. K. "Keith" McEachern
2208 Oak Bay Ave., Victoria, B.C.

GEORGE STRAITH LTD.

MEN'S AND LADIES'
CLOTHIERS



921 Government Street

LADIES DEPARTMENT 384-6012

MEN'S DEPARTMENT 384-6012

MONTEREY MARKET

FRESH MEATS, POULTRY, FISH

2251 OAK BAY AVE



920 JOHNSON ST., VICTORIA, B.C.

TELEPHONE 382-2121

R. ANGUS LTD.

*engine
rebuilding*

FRONT ST., NANAIMO, B.C.

TELEPHONE 753-3471

Hand Loom

CANADIAN HAND-CRAFTS

Tweeds and Yarns

MRS. E. J. W. HIGGIN

625 Trounce Alley

AND EMPRESS HOTEL

TELEPHONE 384-1011

384-1518

Compliments of

HOCKING & FORBES

SPORTING GOODS LTD.



770 Yates Street
Victoria, B.C.

385-5641

383-2342



Happiness
comes in
a Birks
Blue Box.

Telephone 598-4414

Avenue Dress Shop

Specializing in better dresses
also half-sizes

2259 Oak Bay Avenue
Victoria, B.C.

TELEPHONE 382-2343

The Little Gallery

"Pictures Framed Correctly"

725 YATES STREET
VICTORIA, B.C.

ALGERINGA

AUST. & N.Z. IMPORTS



TROUNCE ALLEY
VICTORIA, B.C.



WRIGHT'S
QUALITY MEATS
& DELICATESSEN

LTD.
Custom Cutting
Meat Specialists
— Finest Catering Service Available —

FRESH
MEATS

MELTON MOWBRAY PIES
Our Specialty

FRESH

Fresh Local POULTRY
2215 - 17 Oak Bay Avenue
Phone 598-3302

FISH

Ingledeew's

SHOES

RON PATERSON
MANAGER

749 YATES ST.
VICTORIA, B.C.
382-5443

DOMONEY SHOES

For Excellence

B. G. {Ben} Domoney

636 Yates Street Victoria, British Columbia Telephone 383-2921

GORDON HOUSE

2030 OAK BAY AVENUE

BLAZERS, SWEATERS, TIES, SOCKS,

SHIRTS AND UNDERWEAR

WITHIN WALKING DISTANCE FROM THE SCHOOL.



NO PARKING PROBLEMS

PHONE - 592-2721



**OAK BAY UNITED
PHARMACY**

PHONE

384-2532

2200 OAK BAY AVE.

VICTORIA, B.C.

THE TARTAN SHOP

CONGRATULATIONS TO THE
GRADUATES OF '74
1101 GOVERNMENT STREET
VICTORIA, B.C. CANADA
PHONE 383-5041



SPECIALISTS IN AUTHENTIC CLAN TARTANS
HERALDRY — SCOTTISH JEWELLERY & IMPORTED FASHIONS

FINE CHINA CRYSTAL ANTIQUES

**SIDNEY REYNOLDS
LTD.**



VICTORIA, BRITISH COLUMBIA, CANADA

Munro's

BOOK STORE

Victoria's Largest
assortment
of
Paperbacks,
carefully categorized
for easy selection.



THE RECORD GALLERY

A Complete Selection of
**HIGH QUALITY RECORDINGS
AND CASSETTE TAPES**

LOCATION IN THE MIDTOWN MALL
next to Standard Furniture
700 Block View Street

Daily 10:15 a.m. 'til **5:30** Friday 'til 9 p.m.

*GOOD LUCK
from*

**peter
pollen**

Telephone 384-1144

ford

1060 Yates Street

Victoria, B. C.

DRIVE WITH A
SMILE!

DEAL WITH
ENSIGN CHRYSLER-PLYMOUTH



GET YOUR
NEW OR
USED CAR
AT ENSIGN
WHERE THE
CAPTAIN IS YOU

ENSIGN  **CHRYSLER**
YATES AT COOK **PLYMOUTH**
386-2411

CONGRATULATIONS
TO THE
GRADUATES OF 1974



*House of Beauty
Edward and Staff*

INTERNATIONAL COIFFURES (1974) LTD.

1949 FORT ST.
FORT FOUL BAY SHOPPING PLAZA
PHONE 592-2464

PHONE 383-0051

B.C. SHAVER SHOP LTD.

HOBBY SUPPLIES AND SHAVERS

757 FORT

VICTORIA B.C.

BUS: 598-5166

RES: 592-2646

AUTO PLAN-HOMEOWNERS
AND MERCANTILE INSURANCE

NEWSTEAD INSURANCE AGENCIES LTD.

1637 FORT STREET VICTORIA, B.C.

BLANEY'S TRAVEL SERVICE, LTD.

920 DOUGLAS ST. (604) 382-7254

1503 WILMOT PL., OAK BAY (604) 598-4531

CHARTERS TO:

EUROPE, HAWAII AND MEXICO.
YOUTH FARES

CALL US FOR ALL YOUR TRAVEL NEEDS

Maynard's

SHOE STORE

Specialists in Fitting Children's Shoes

383-3743

814 FORT STREET
VICTORIA, B.C.

Foot Prince

SHOES FOR THE FAMILY



VANCOUVER ISLAND'S LARGEST AND MOST
COMPLETE STOCK OF FAMILY FOOTWEAR

PHONE 384-0323 1447 DOUGLAS ST., VICTORIA

A Message to Students:

Maturity is the ability to do a job whether you're supervised or not; finish a job once it's started; carry money without spending it, and last, but not least, the ability to bear an injustice without wanting to get even.

I A C Limited,
1032 Yates Street,
Victoria, B.C.

BOSUN'S SEA TREK DIVE CENTRE

MAKE THE IMPOSSIBLE DREAM

COME TRUE, DIVE THE DEPTHS

OF THE OCEANS.

SEA TREK OFFERS COURSES, CHARTERS,
EQUIPMENT RENTALS AND WE ARE THE
DISTRIBUTORS OF US DIVERS EQUIPMENT.

943 YATES

386-2525

VICTORIA V8V-3M4

ESTEVAN FISH & CHIPS

592-2124

ESTEVAN SHOPPING CENTRE

DAILY 4 P.M. TO 7 P.M.—CLOSED SUNDAYS

J-L stationers Ltd.

SCHOOL SUPPLIES - STATIONERY -
PRINTING.

PHONE: 388-7397 823 FORT ST.
VICTORIA B.C.

